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The New Psychology Magazine

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SUGGESTION

is a magazine of the New Psychology for thinkers. It stands for a rational system of living based on natural laws. Right living means right eating, right breathing, and right thinking.

There are laws for the body and laws for the mind. This magazine believes that nature will cure every ill that is curable if she is given an opportunity; that drugs never cure and that their general use is not called for.

SUGGESTION believes in the sufficiency of creation and that man is the highest and best effort of creative energy acting through the power of mentality; that man is not a worm of the dust, but the perfection of creative wisdom, having inherent powers of development

* * *

This magazine advocates a change in the economic systems which will allow every man to enjoy life and the freedom of happiness unhampered by artificial conditions created by inimical legislation and predatory trusts.

* * *

This magazine teaches that health, happiness and success are the portions of every person if the inherent powers of being are not hampered or diverted, or strangled. Nature designed every sentient being to enjoy a happy existence. The laws of this universe are adequate for all conditions and all emergencies, and if permitted to act naturally, universal peace, good will, prosperity, and health would result.

SUGGESTION teaches that facts are the result of unyielding law; that supernatural agencies do not influence or determine any earthly event; that the human intellect and will is unassailable and unchained; that the power of thought is the most potent force; that creation today is a thought externalized, and that thought rightly applied will solve any problem that now confronts the human mind.

Among many subjects of interest to thinkers discussed in SUGGESTION from a scientific standpoint may be mentioned the following:

PSYCHIC RESEARCH.
DRUGLESS METHODS OF
HEALING.
NATURE CURE.
SUGGESTIVE THERAPEUTICS
(psycho-therapy).
PERSONAL MAGNETISM.
ADVANCED THOUGHT.
RATIONAL HYGIENE.

POWER OF THOUGHT.
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The editors want the name of every person in the United States who endorses, wholly or in part, the above declaration of principles.

A sample copy of SUGGESTION will be sent on receipt of postal address, CIRCULATION MANAGER, 4020 Drexel Blvd., Chicago, Ill.

[THE EDITOR requests every subscriber to tear out this page and mail it to a thinking friend.]



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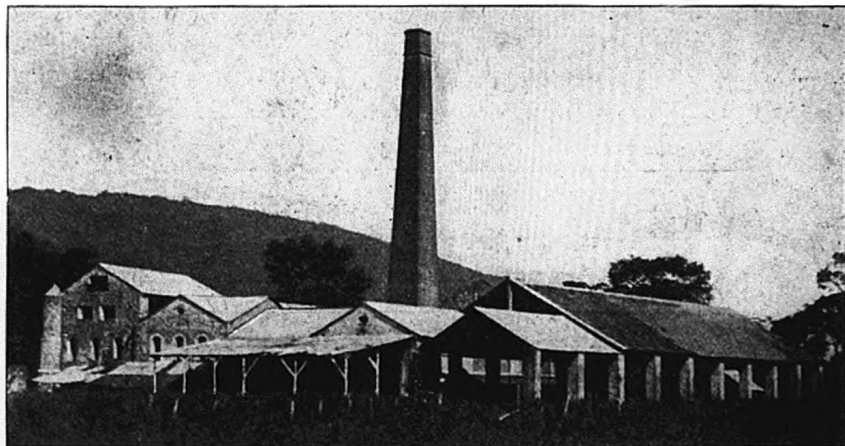
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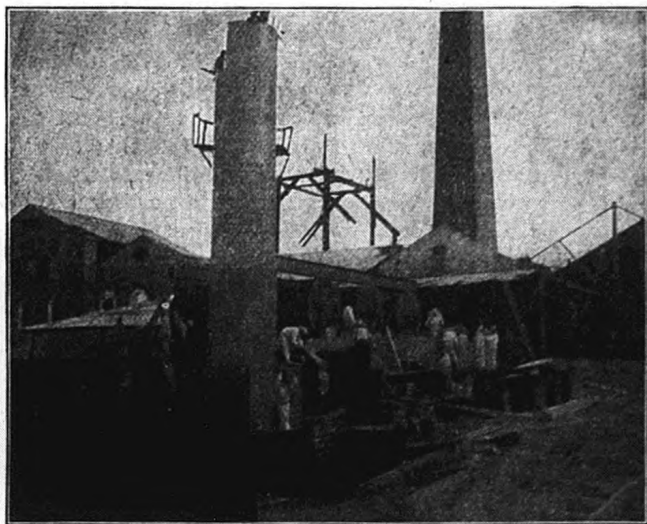
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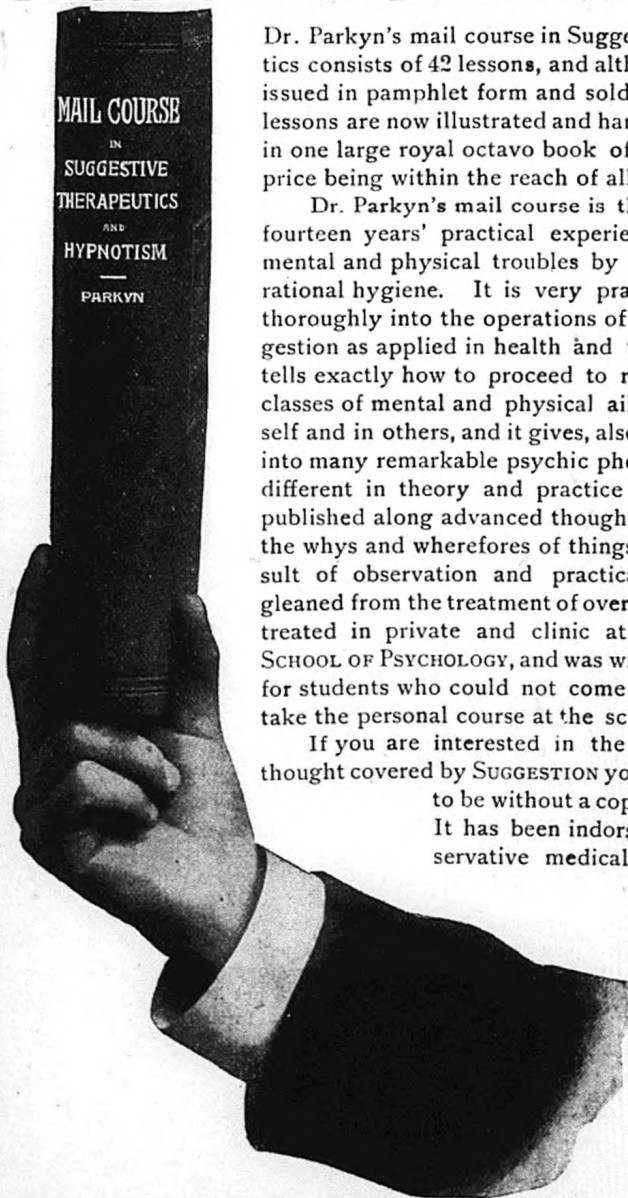
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CHICAGO, JUNE 1, 1905.

No. 6

Personal Magnetism Developed by Auto-Suggestion

By HERBERT A. PARKYN, M.D., C.M., Medical Superintendent Chicago School of Psychology, 4020 Drexel Blvd., Chicago.

RECENTLY I received a long letter from a correspondent asking several pertinent questions, among others the following:

"Also will you tell me something to do that will develop some personal magnetism in me. For a long time I have been aware that I do not possess as much personal magnetism as I would like to have, and I feel that the lack of magnetism keeps me from making the business and social success enjoyed by others who seem to have more personal magnetism.

"Is this force born in people? If so, why do some get so much of it while others get none. I cannot believe that nature favors some in this respect and denies others. Then what is this force? Can it be developed artificially, as many claim?

"I have sent dollars upon dollars to people who advertise and profess to be able to teach how to develop personal magnetism; but all I have for my good money are some nonsensical courses in hypnotism or some absurd exercises in concentration of the will and the centering of the mind on those we desire to impress, or some "high-faluting" language that sounds so much but means so little—but all of it impracticable and useless.

"You generally attack your subject in language that everybody can understand and your explanations are satisfactory and practical. Now would you not favor me with your ideas on this important but mysterious subject?"
Penn. T. D.

This letter is only a sample of many I receive touching on this important subject, and although many believe personal magnetism to be an actual tangible force like electricity, I cannot agree with them.

Several correspondents have written to say they could actu-

ally demonstrate that they possessed personal magnetism, and the way in which they attempted the demonstration was to rub a sheet of writing paper between their hands, after which it would stick, for several minutes, to the wall or a piece of furniture, or any other object against which it was placed.

Of course every student of physics knows the absurdity of supposing this phenomenon is a demonstration of personal magnetism. If paper be rubbed with a silk handkerchief, or rubbed on a cat's back, the same electrical phenomenon will follow, but to a stronger degree than if rubbed between the hands. Furthermore, the season of the year influences this experiment, for, although it is possible to get perfect results on a cold winter's day, it is almost impossible to get the slightest results in warm weather. Accordingly, if the magnetizing of the paper were due to personal magnetism, the failure of the experiment in summer would show that personal magnetism disappears in warm weather.

It is possible for anyone to magnetize writing paper in cold weather. A person with the least personal magnetism will succeed just as well in affecting the paper as a person who is conceded to have personal magnetism of the highest type.

No! Personal magnetism and electricity are not identical, nor are they in any way related. Electricity can be gathered from inert substances and carried around in a jar or in a cell; whereas so-called personal magnetism depends entirely upon the impression one individual makes upon the senses and the soul of another.

A man with a loathsome skin disease showing all over his face **might appear powerfully magnetic to a blind man** by exhibiting kindness and sympathy, whereas he would seem positively repulsive to a man in possession of his five senses.

Other things being equal, the man whose face, form and clothing make the best appearance, seems the most magnetic. However, a man may have the face and form of an Adonis, he may be ever so well educated, he may be kind and sympathetic, but if his glance is shiftless, if he is unable to look us steadily in the eye while conversing with us, he loses his magnetism so far as we are concerned, for we feel instinctively he is not to be trusted.

A man may be an Adonis, look us straight in the eyes and be perfectly honest, yet his intellect may not satisfy everyone and some, in consequence, may find him much less magnetic than men,

plainer in form and feature, but with a finer intellect; although to others in his own intellectual plane he may appear the most magnetic man in the world.

A man's general appearance may be excellent, he may be honest and his intellect above the average, but if he be selfish or unsympathetic his magnetism loses power for us.

A person in one stratum of society may appear highly magnetic to people in the same stratum, but let him enter another stratum and on account of his boorish manners, or lack of knowledge of etiquette, he will probably be considered uncouth and entirely lacking in personal magnetism.

WHAT IS PERSONAL MAGNETISM?

If I were asked to define personal magnetism briefly, I would say:

"It is the art of pleasing." And in reply to the question, "Can personal magnetism be cultivated?" I would say:

"Personal magnetism can be cultivated by studying and practicing the art of pleasing."

It is surprising how few persons devote a few minutes occasionally to studying ways and means by which they could make themselves more agreeable and more pleasing to their fellow men. When a few minutes daily, earnest thought devoted to this purpose will accomplish a great deal through self-study and the intelligent use of auto-suggestion.

I consider the following attributes essential to the highest development of personal magnetism: A cheerful face with a steady eye, personal neatness (including cleanliness), good health, strength, determination, gentleness, modesty, even temper, coolness, kindly aggressiveness, confidence, fearlessness, and thoughtfulness and consideration for others.

A person can be highly pleasing (magnetic) without perfect health, but good health is an excellent basis for the development of personal magnetism. A healthy person is usually more attractive than a sickly person, and it should be remembered that in cultivating personal magnetism it is the senses that have to be pleased first; afterwards, the soul.

The shake of a warm, healthy hand is more pleasing (more magnetic) to the sense of touch than the shake of a cold, clammy hand.

The sight of a clean, bright face, with clear skin and a healthy glow, is more pleasing to the sense of sight than a pale, sour, blotched face.

A body and clothes free from odors of any kind are more pleasing to the sense of smell than the odor which arises from an unclean body, a foul breath, or from clothes kept in a stuffy home or saturated with tobacco or perfume, no matter how choice the perfume may be; for although some persons are very fond of perfume, a great many positively loathe it.

A soft, low-pitched, well-educated voice is infinitely more agreeable to the sense of hearing than a monotonous, high-pitched, rasping nasal twang.

The pleasing of the senses, therefore, must be taken into consideration in developing personal magnetism, and a little honest self-examination, along the line I have indicated, will enable anyone to establish helpful conditions, even to improving the health and actually changing the pitch and modulation of the voice.

A study of the highly magnetic man will show that he is slow to enter a heated argument, except in the interest of right principles. Some people have the habit of "butting in" whenever there is a chance for an argument, merely for the sake of arguing, but this the highly magnetic man avoids. The average man has pet hobbies, and if given the slightest opportunity he likes to express his ideas and propound his theories like a sage. As a rule he dislikes to be contradicted or interrupted or to have his theories questioned. The highly magnetic man recognizes this fact and plays the part of an interested listener. In fact, he even goes out of his way to help the other fellow along in his discourse.

The magnetic man never boasts about himself or his accomplishments in public. He is modest, not shy, has an encouraging word for everyone, recognizes and shows his appreciation of any courtesies or favors shown to him, uses flattery judiciously, and when he does a favor for friend or stranger has the knack of making the favored one feel that he is doing a favor in accepting the favor.

The magnetic man is thoughtful, courteous and kind at all times to friends or strangers, not from selfish motives, which are always apparent, but for the reason that he has made it a principle until it has become second nature with him. He has a bright smile, a pleasant word and a "glad hand" for everyone. He is

never indifferent to the trials and suffering of those around him, but on the contrary, invariably has an encouraging, sympathetic word for those in trouble, and possesses the happy knack of making the other fellow feel that they meet on a common footing; the question of superiority or inferiority playing no part in their relations.

The apparent lack of magnetism in some people can be directly traced to their home environment. The children of parents who are not "good mixers" and have but few friends and acquaintances, are apt to grow up selfish and to keep to themselves, shunning all but a few playmates who, first, have to pass the critical, selfish examination of the parental eye. A child brought up in this environment becomes too critical in later life to make many friends and in consequence is said to lack personal magnetism.

I have received many letters of inquiry from people of this class asking what they should do to become more magnetic, and my advice to them has been to drop their criticism and prejudice of their fellow men, to entertain a kindly feeling for all mankind, to mingle with people who have hosts of friends, to meet these friends and endeavor to make a friend of everyone of them. And after all is said and done regarding personal magnetism, it reduces itself in the last analysis, to the ability to make and hold friendships. Self-examination, the determination to improve or change certain traits of character and the persistent use of auto-suggestion are all beneficial, but it is the practical work of making friends and being kind and thoughtful for others that develops personal magnetism most rapidly.

Traits of character cannot be established nor eradicated in a single day, but persistent daily effort, with a definite purpose in mind, will accomplish almost anything. Consequently, a person who sets out deliberately to develop personal magnetism should not be discouraged if he does not accomplish all he desires in a few days. If he is making intelligent effort, the mere effort with a fixed purpose in mind is bringing about changes in himself that he cannot measure even if he be conscious of the changes. Following persistent effort, these changes go on unconsciously until the desired goal is reached.

The simplest, most practical and most effective rule to follow in developing personal magnetism is to meet as many people as possible and to have each one of them leave you feeling better

for having met you, and believing that you are his friend and would be glad to give him a friendly reception every time you meet thereafter.

Sitting in one's room practicing concentration and using auto-suggestions, while serviceable if done for a purpose, will never, in themselves, develop personal magnetism. It is the practical work in the field of humanity that counts. Look after your personal appearance, your personal habits, etc.; then mingle with people of all classes, study them individually and learn by experience how to please different personalities.

Practice makes perfect, and as you meet more and more people it will become easier and easier to please, till eventually, the habit of pleasing will be thoroughly established. It is this habit of pleasing that constitutes personal magnetism and creates the magnetic man. Once this habit is formed, the magnetism seems to increase rapidly.

The auto-suggestions to be employed will necessarily differ with different people, but a little self-examination will determine the deficiencies, and once these are determined the auto-suggestions that should be used will become self-evident.

When a person anxious to develop personal magnetism recognizes his deficient points he should go to his room or some place where he can be absolutely alone with his thoughts; then he should endeavor to picture in his mind the best course to pursue to overcome the deficiencies and how he will be acting when the deficiencies have disappeared. Thinking earnestly beforehand of what one should do or how one should act in certain situations or under certain conditions, paves the way for the action when the conditions or situations arise. Thought tends to take form in action, and if the thoughts are earnest and determined the action is almost certain to follow. In fact, an action planned beforehand, the result of mature and deliberate thought, seems to follow almost automatically—certainly more easily and naturally than an action thought out on the spur of the moment. Deliberate planning of this nature is known as auto-suggestion.

Besides these mental pictures, auto-suggestions in the form of words spoken to one's self are very efficacious. The words, however, should not be repeated automatically, but spoken deliberately, with the mind dwelling on the full meaning of the words. To illustrate, I will give a few auto-suggestions which will prove

helpful, and from these one should have no difficulty in originating many other auto-suggestions to fit his own peculiar requirements.

AUTO-SUGGESTIONS.

"I am determined to become a strong, kind, magnetic man. I have kindly, generous feelings towards all mankind, and I shall draw the friendship of mankind toward me."

"I am careful about my personal appearance, I dress modestly but neatly. On first appearance, this places me on an equal footing with the average man; but my kindness, my thoughtfulness and my desire to be friendly with everyone lift me above my clothes, as it were, and draw friends and the good will of all to me, myself, on account of myself."

"I am bright, happy, cheerful and sympathetic at all times. I have an encouraging word for everyone and everyone feels better for having met me."

"I am honest and truthful and can look every man squarely in the eyes. I am anxious to do what is right by everyone at all times. I do my best every day, and the knowledge of this fact gives me confidence in myself. People know that I will do only what is right; they trust me and feel that they can depend on me. For these reasons among others they are attracted to me."

"I am a strong, healthy, determined, kind, aggressive, confident, fearless man. I take things calmly, avoiding unnecessary excitement and argument. I am the friend of those in trouble and no reasonable effort is too great for me, provided it will add a little happiness to the lives of deserving people."

"I will be kind to the old and young folks. I will be kind to every living thing. I will put myself in the other fellow's place and will endeavor, whenever possible or reasonable, to do for him what I should like him to do for me if our positions or conditions were reversed."

"These kind, healthy, hopeful, helpful thoughts are influencing me in my life and actions, and I know they are drawing many kind, helpful friends to me. These thoughts and actions are magnetic; they are my thoughts."

"I, MYSELF, AM MAGNETIC."

Auto-suggestions like these, and others of similar tenor, if repeated frequently and earnestly, become fixed thoughts and prin-

ciples, provided an honest, unselfish effort is made to put them into practice. They unconsciously influence a man's whole nature and his actions for the better, and thereafter the people he meets are unconsciously influenced by his kind actions and noble nature, and are attracted to him. Ask one of his friends what he finds in him that is particularly attractive and he will probably answer:

"Oh! I cannot tell exactly. I merely know that I like him. He has great personal magnetism."

It is the ability to please by acts of kindness, sympathy, honesty, and strength of character on the part of the party of the first part, and the unconscious interpretation of these acts by the party of the second part that constitute personal magnetism and lead many to believe that personal magnetism is, per se, an agent not unlike electricity or polar magnetism.

Smile

SMILE, and the world smiles with you,
"Knock" and you go alone;
For the cheerful grin
Will let you in
Where the kicker is never known.
Growl and the way looks dreary,
Laugh, and the path is bright,
For a welcome smile
Brings sunshine, while
A frown shuts out the light.

Sing, and the world's harmonious,
Grumble, and things go wrong,
And all the time
You are out of rhyme
With the busy, bustling throng.
Kick, and there's trouble brewing,
Whistle, and life is gay.
And the world's in tune
Like a day in June
And the clouds all melt away.

—Tengwall Talk.

Transferring a Visual Impression Telepathically

THE following well-certified account of a telepathic vision is taken from "The Widow's Mite and other Psychic Phenomena," by Dr. Isaac K. Funk, LL.D. published by Funk & Wagnalls, New York.

MRS. SIDGWICK is inclined to think that some minds have this power (telepathic projection), and in illustration of this view gives the following experience of Mr. Wesermann, a gentleman who interested himself in thought-transference in the beginning of the century. By concentrated effort of thought he had more than once imposed dreams on distant friends, and he determined to make Lieutenant N. dream that a certain lady, who had been dead for five years, came to him and incited him to good works. He supposed that Lieutenant N. was at home and asleep at the time selected, but, as it happened, he was staying in a different town with a friend, Lieutenant S., who was a stranger to Wesermann, and both were wide awake and talking. This did not interfere with the success of Wesermann's experiment, however, for both gentlemen saw a figure resembling the lady in question enter the room noiselessly by a door that usually creaked, make gestures of greeting and go out again. It will hardly, I think, be contended that Wesermann called up the dead lady, or that he himself appeared in her form, or that Lieutenant S. would have seen her if Lieutenant N. had not been there, so that there seems to be no reasonable alternative except that of a telepathic action of Wesermann's mind on Lieutenant N., communicated in some way through him to Lieutenant S.

Frank Podmore gives the case of Rev. Clarence Godfrey, of England, who by willing could make others see him miles away.

The following case I give entire from the report of the Society for Psychical Research. The experiment was made by Joseph Kirk through whom other experiments were made by the Society—a gentleman in whom the Society had full confidence.

Joseph Kirk—His Appearing to a Lady Friend at a Distance.
"2 RIPON-VILLAS, UPPER RIPTON ROAD, PLUMSTEAD.

"July 7, 1890.

"I have to inform you that from the 10th to the 20th June I tried a telepathic experiment each night upon Miss G. I did so as suggested by you in your letter of June 3, without her knowledge, as a preliminary to entering upon experiments with her under con-

ditions of expectancy and the recording of dates and hours. Each trial had for its object the rendering myself visible to her—simply visible. With the exception of one—which was made one afternoon from my office in the Arsenal—each trial took place at my house between the hours of 11 p. m. and 1 a. m.

"Up to June 23 I heard nothing direct from my 'subject.' Indirectly, however, I learned that my influence was acting rather strongly. Each time Miss G. came to my house, while the experiments were in progress, she complained of being kept sleepless and restless from an uneasy feeling which she was unable to describe or account for. On one night, so strong was this uneasy feeling, she was compelled to get up, dress herself, and take to some needle-work, and was unable to throw off the sensation and return to bed until 2 o'clock. I made no comments on these complaints—never dropped a hint, even, as to what I was doing. Under these circumstances it seemed probable to me that, although my influence was telling upon her, to her discomfort, I had not succeeded in the object of my experiments. Supposing this to be the case, and that I was only depriving her of rest, I thought it best to discontinue the trials for a time.

"I felt disappointed at this apparently barren result. But on June 23, an agreeable surprise was sprung upon me, in that I learned I had most effectually succeeded on one occasion—the very occasion on which I had considered success as being highly improbable—in presenting myself to Miss G. As you will find in her statement, herewith enclosed, the vision was most complete and realistic. The trial which had this fortunate result was that I had made from my office and on the spur of the moment. I had been rather closely engaged on some auditing work, which had tired me, and as near as I can remember, the time was between 3:30 and 4 p. m., that I laid down my pencil, stretched myself, and in the act of doing the latter I was seized with the impulse to make a trial on Miss G. I did not, of course, know where she was at the moment, but, like a flash, as it were, I transferred myself to her bed room. I cannot why I thought of that spot, unless it was that I did so because my first experiment had been made there. As it happened, it was what I call a 'lucky shot,' for I caught her at the moment she was lightly sleeping in her chair—a condition which seems to be peculiarly favorable to receiving and externalizing telepathic messages.

"The figure seen by Miss G. was clothed in a suit I was at the moment wearing, and was bareheaded, the latter as would be the

case, of course, in an office. This suit is of a dark reddish-brown check stuff, and it was an unusual circumstance for me to have had on the coat at the time, as I wear, as a rule, an office coat of light material. But this office coat I had, a day or so before, sent to a tailor to be repaired, and I had, therefore, to keep on that belonging to the dark suit.

"I tested the reality of the vision by this dark suit. I asked, 'How was I dressed?' (not at all a leading question). The reply of Miss G. was, touching the sleeve of the coat I was then wearing (of a light suit): 'Not this coat, but that dark suit you wear sometimes. I even saw clearly the small check pattern of it; and I saw your features as plainly as though you had been bodily present. I could not have seen you more distinctly.'"

Miss G.'s account is:

"June 28, 1890.

"A peculiar occurrence happened to me on the Wednesday of the week before last. In the afternoon (being tired by a morning walk), while sitting in an easy chair near the window of my own room, I fell asleep. At any time I happen to sleep during the day (which is but seldom) I invariably awake with tired, uncomfortable sensations, which take some little time to pass off; but that afternoon, on the contrary, I was suddenly quite wide awake, seeing Mr. Kirk standing near my chair, dressed in a dark-brown coat, which I had frequently seen him wear. His back was toward the window, his right hand toward me; he passed across the room toward the door, which is opposite the window, the space between being fifteen feet, the furniture so arranged as to leave just that center clear; but when he got about four feet from the door, which was closed, he disappeared.

"My first thought was, 'Had this happened a few hours later I should have believed it telepathic,' for I knew Mr. Kirk had tried experimenting at different times, but had no idea he was doing so recently. Although I have been much interested by his conversation about psychic phenomena at various times during the past year, I must confess the element of doubt would very forcibly present itself as to whether telepathic communication could be really a fact; and I then thought, knowing he must be at the office at the time I saw him (which was quite as distinctly as if he had been really in the room), that in this instance, at least, it must be purely imaginary, and feeling so sure it was only fancy, resolved not to mention it, and did not do so until this week, when, almost invol-

untarily, I told him all about it. Much to my astonishment, Mr. Kirk was very well pleased with the account, and asked me to write it, telling me that on that afternoon, feeling rather tired, he put down his pen for a few moments, and, to use his own words, 'threw himself into this room.' He also told me he had purposely avoided this subject in my presence lately, that he might not influence me, but was anxiously hoping I would introduce it.

"I feel sure I had not been dreaming of him, and cannot remember that anything had happened to cause me even to think of him that afternoon before falling asleep."

* * *

It now seems certain that some living people have the power of making others see them at a distance. Whether this vision is mental, or seen by the eye, is not yet certainly established. It is certain that the person who sees the vision is often as sure that he sees it with his eyes, as he is of anything else that his eyes see. It seems that the mind has power at times to send out waves on the ocean of ether that surrounds us; has it also power to transmit some material essence of ourselves that will report to the outward eye of another? It is a most interesting problem, well worthy of great effort to solve.

Do It Now

By JULIET MARION LEE, 27 W. 24th St., New York.

For SUGGESTION.

Take time by the forelock, experience doth teach;
 Opportunity grasp with swift care.
 For both are elusive when just within reach,
 And neither have any back hair.

Our doubts are traitors,
 And make us lose the good we oft might win,
 By fearing to attempt. —*Shakespeare.*

* * *

Of our vices we can frame
 A ladder, if we will but tread
 Beneath our feet each deed of shame.
 —*Longfellow.*

A Few Hints to Beginners in Suggestion Studies

By S. M. SHIELDS, Graham, Texas.

Written for SUGGESTION.

EVERY operation in Nature (and by Nature we mean all that is connected with the human mind, as well as that which concerns the body only) has its laws.

Those who operate in accordance with those laws are successful; those who operate in opposition to them fail in such operations; those who co-operate with them partially, succeed in proportion to the co-operation.

The one great central law of the Universe is the Law of Vibration.

The study of Music opens to our sight some of the beauties of that law. The study of Astronomy reveals to us a slight conception of its majesty, but the influence of human mind upon human mind through the sub-law of suggestion, in such a way as to affect even the physical organism directly, proves to us through the ever-increasing acknowledgment of its power, that the mighty throb of a pulse which has long been obscure in its "pralaya," as the theosophists would term it, is about to renew its manifestations of energy.

We should not pitch our tents in a metaphorical Bay of Fundy with its high towering walls of narrowing prejudice and exclusion, or we may be overwhelmed by the incoming tide.

In the second place it will be well for us to study its minor laws carefully; and for this purpose nothing is better than auto-suggestion.

The first desideratum in this process is the ability to admit to one's self that that same self can make mistakes. Having made this discovery, the next step is to weigh each mistake thoroughly and honestly. If it was due to carelessness, be more careful in the future.

If the mistake is due to anything in one's self, set that self at work to correct the fault.

If the mistake is evidently due to some outside influence, and one is sometimes successful and sometimes unsuccessful under apparently the same conditions, then the work, whatever it may be, depends on a certain phase of some vibration, and it is better to expend one's energy during a favorable phase: wait for it.

If you succeed in some of your efforts, study the causes of success, and do not forget that it is just possible some of them may lie outside of yourself.

Use the same common sense in your psychic studies that you would use in any other study, and as fearlessly.

When you thoroughly understand yourself, faults and all, if some one desires your companionship in psychic study, and will give you fair play—why—he neighborly.

If some one opposes or ridicules you smile and quietly go on about your own business or turn the conversation upon another subject entirely.

Remember also that complete self-control is the corner-stone of suggestive power.

Backbone

By BERTHA DE WOLF JAMES.

Written for SUGGESTION.

THE BABY comes into the world with a perfectly adjusted nervous system and abundant nerve force, but we consume it so rapidly that Mother Nature cannot generate it fast enough in the individual to supply the demand; hence the "sanitarium habit," dependence upon doctors, osteopathy healers and medicines instead of the God within, and our backbone to help us.

We Americans have a wonderful future, but have many lessons to learn from the older countries where we have been sending our missionaries, and our new revelations of the Japanese, as well as the messages received from Vivekananda and other orientals, should receive careful attention.

The Roman and Greek sat upright, holding the spine straight, disdaining the use of back to their furniture, or they reclined. In the first position the mind concentrates, in the second it relaxes with the body, giving the nervous system a rest and the sub-conscious mind a chance to assert itself and follow its own will in meditation or imagination. Orientals squat upon the floor, or, better still, on God's footstool, the earth.

In this position the backbone is straight, and it is said that this pose is the only one throwing every internal organ in its proper shape, and it is asserted by their authorities that a concentrated line of thought cannot be carried out when the backbone (which they call a part of the brain) is not perfectly free.

Americans in every way come nearer to solving the question of perpetual motion than any other race, and in that, shall I say, we are the most spiritual, as "all spirit is motion." We are spoken of as the "most nervous race on earth," yet hold almost exclusive rights on that nerve-racking invention, the rocking chair.

Let us be home missionaries, watching our loved ones who loll, lounge and sit on the middle of their backs, and while straightening our own help others do the same, thus routing our greatest foes, nervous indigestion, prostration, neurasthenia, etc.

Stop rocking in body and mind, forever! Don't give the osteopaths and nerve specialists, who work mostly on the backbone, and who in turn are worked almost to death by the suffering public, so much to do.

Lie down if you wish, but don't stop halfway. The finest philosophers have "loafed and invited their souls," but not in rocking chairs or lolling among pillows upon luxurious divans.

They were often alone, near to Nature's heart, perfectly relaxed and in a position physically and mentally to draw upon their inventive faculty, which is closest to God.

If you think you can't relax, mentally, and get the nearest to God, use your backbone, sit up, brace up, concentrate, and try the next best thing; don't absorb what someone else has had the backbone to think, feel, see and write for you.

Will to be what you will to be. Overcome the hardest thing on earth to an American with his keen sense of humor—ridicule! Be yourself.

Equalize the mental, physical and spiritual, thus acquiring perfect power, and you will be a winner in the great race of life.

Dr. O. S. Marden, in "Success" Magazine: The man who can drill his thoughts, so as to shut out everything that is depressing and discouraging and see only the bright side even of his misfortunes and failures, has mastered the secret of happiness and success. He has made himself a magnet to draw friends, cheer, brightness, and good fortune to him. Every one is pleased to see him. His presence is like a sunbeam on a dull day.

There is no accomplishment, no touch of culture, no gift which will add so much to the alchemic power of life as the optimistic habit—the determination to be cheerful and happy no matter what comes to us. It will smooth rough paths, light up gloomy places, and melt away obstacles as the sunshine melts snow on the mountain side.

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ELMER ELLSWORTH CAREY, Associate and Manager.

COMMUNICATIONS, clippings, suggestions and articles bearing upon any subject within the scope of this publication solicited.

* * *

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SUGGESTION is a popular home review, devoted to the scientific discussion of psycho-therapy, the new psychology, suggestive therapeutics, hypnotism, natural healing, rational hygiene, advanced thought and psychic research.

* * *

IT IS THE aim of the editor to find a basis of fact on which to ground all theories regarding metaphysical and psychological processes, and to account for all occult phenomena on purely scientific lines.

* * *

SUGGESTION teaches that health is within the reach of all; that there is but one disease with a thousand symptoms; that right thinking and right living will always produce harmony in the bodily functions, the result being health; and that drugs are not necessary, and that nature cures.

* * *

EVERY subscriber to this magazine is formally notified when his subscription expires, and a renewal remittance should be made promptly. Unless a renewal order is received this magazine will be discontinued. If you wish to preserve copies of SUGGESTION in regular order, do not fail to send in your renewal promptly. It is not necessary to send the subscription price at the same time, but we must have your written order for your renewal.

* * *

TO MY SUBSCRIBERS: The date of the expiration of your subscription appears on the wrapper. You are cordially invited to renew your subscription. I do not want to lose any members of the SUGGESTION family; if a dollar is not at hand, mail us a postal asking that the magazine be continued—forward the subscription price when convenient. Why not send us the name of a friend or two who might be interested in our magazine?—EDITOR.



EDITORIAL



Confidential Remarks

BY THE ASSOCIATE EDITOR.

The wrapper on your magazine shows when your subscription expires. Unless you order the magazine continued, the same will be discontinued promptly at the time of expiration. It is not necessary to remit the subscription price at the time, unless convenient, but we must have a written order if you desire to receive SUGGESTION. The time to attend to this is now. If your subscription expires this month or next month, write today and ask that it be continued. If we drop your name from the subscription list, don't scold us. Every one has had fair warning. No order, no magazine.

* * *

Now I am going to mention a delicate subject. Many write to us and say that they like the magazine very, very, very much; possibly you have done so. Of course the editors blush when these flattering letters are read, and then someone says, "I wonder if he tells his friends?"

* * *

Dear Friends: It is pleasant to know you are pleased with SUGGESTION, but after telling us, TELL YOUR FRIENDS. To tell us does not help extend our sphere of usefulness; tell the other fellow. Tell him SUGGESTION is a magazine for those who think. Tell him that about 100,000 thinking people read SUGGESTION every month. Tell him now.

* * *

The editors are always glad to receive suggestions, clippings, quotations, mottoes, short communications, ideas, notices, and queries; and above all, names.

* * *

We need names. We use thousands of names monthly. The Stockham Publishing Company let us have 2,000 names; Elizabeth sent us many; the Liberal Book Concern furnished large lists; Medical Talk sent 2,000; New Folks promised 500, but never sent them; many others sent from 100 to 1,000. These lists are not general

lists but selected lists of people interested in advanced thought subjects. We send to each address a folder containing a return postal card. This folder tells what kind of a magazine SUGGESTION is; what it stands for, and what it advocates. If the person receiving the folder is interested he tears off and mails the postal card, writing his name and address. Then we send him a sample copy of SUGGESTION. Then he subscribes if he is a member of the Order of Those Who Know.

* * *

Now I will say a word about a book by Dr. Parkyn entitled: "Auto-Suggestion; What it is and how to use it for health, happiness and success."

Without exaggerating, this book is one of the most important books ever printed. If the principles advocated in this book were followed throughout this broad land, there would be no more fear or worry or pessimism. Dr. Parkyn has told how to form correct habits; how to train the mind so that life will be filled with pleasure and happiness.

If parents followed the teachings of this book children would not cause anxiety and sorrow. They would be a blessing always—never a reproach. Children are just what their parents make them. Pre-natal suggestion and the suggestions of childhood make or mar character. After character and habits are formed—after the tree is grown—it is hard to introduce changes; but one who earnestly desires to better his character will find many helpful things in Dr. Parkyn's book.

This book probably contains more information about auto-suggestion than any other publication extant. Send \$1.00 for a new subscription and receive the book, or send \$1.25 and receive the book and a renewal of your subscription. The book contains over 150 pages, handsomely bound in green cloth and gold. It is worth its weight in gold many times over to the person who is striving for mental and physical perfection.

Dear Friends: Please write with a pen, on one side of the paper. Please place orders for books on one sheet, subscription matters on another, questions on another. Always put in an addressed and stamped envelope if you wish a reply. If you are in a foreign country always put sufficient stamps on your letter. Always send us the name of a thinking friend when you write. Always remem-

ber that our magazine cannot increase its sphere of usefulness unless by the efforts of our friends.

By keeping these requests in mind you will greatly facilitate the work of the office and gain the thanks of

THE EDITORS.

Anna Eva Fay Smoked Out

This journal has no interest in any performances or exhibitions given by Anna Eva Fay or others when said performances are not given under false pretenses. There is no such a thing as telepathy or mind reading in a public performance. I mean by this, that no one can night after night give genuine telepathic exhibitions such as are generally advertised as such. Sporadic cases of telepathy appear here and there, but the laws governing this phenomenon are not sufficiently clear to enable it to be used at any and all times.

Cases of genuine telepathy are generally involuntary.

There was a time when Anna Eva Fay posed as a "psychic" and many thought she was a "mind-reader" or a real "spirit medium."

This magazine for eight years has denounced all stage exhibition of "telepathy" and "mind-reading" as fraudulent, and an expose of Anna Eva Fay's performances was printed in SUGGESTION long before she was unmasked at Pittsburg, Pa., last fall by the district attorney. At that time her manager admitted that she was a fraud. Since then she has printed the following notice on her program which is an admission that her performance is simply a sleight-of-hand show:

NOTE.—It is but natural that Miss Fay's work, especially that part pertaining to the answering of questions, has been commented upon in various ways by her audiences. In order that no credulous or foolish persons may be influenced in any degree whatever by her clever performance, this note of warning is given.

Miss Fay is a skilful and scientific manipulator. She has spared no expense or time in placing before the public a wonderful performance, which for art, adroitness, and dexterity is second to none. Her performance is necessarily mysterious. She is not a spiritualistic medium and accomplishes her work by scientific means only. There is nothing either supernatural or miraculous about her performance, and the auditor may draw his own conclusions as to the exact method employed.

In the answers to questions, identifications, descriptions, etc., not all of Miss Fay's answers are correct, nor is it expected that they should be. She is not infallible, but the proportion of true and correct answers given is such that the management firmly believes no more mystifying, remarkable, and artistic performance is now being given.

Miss Fay positively gives no private audiences to any person. She is not a fortune teller, palmist or pretender of any kind; and it is not supposed that

any one in her audience will act upon her suggestions, advice, or explanations, or be influenced in any way thereby beyond the moment.

Miss Fay's performance is of necessity a difficult one; both mentally and physically; and there are times when she becomes over-fatigued. Her answers at such times frequently go astray, and the indulgence of the audience is asked.

The Habit of Unhappiness

A friend sends us a clipping which states that Senator Chauncey M. Depew carries with him slips on which are printed a few lines entitled "The Habit of Unhappiness." The senator is right.

Happiness or unhappiness are habits; we make our own habits, and we can unmake undesirable ones and make desirable ones if we care to. Few realize that their unhappiness is caused by their own acts. Un-desirable habits can be cast aside as a garment.

Let each one decide which habits are worthy of ownership and discard all others. The habit of unhappiness is one of the most miserable that curses mankind. Shed it. Senator Depew's lines are as follows:

THE HABIT OF UNHAPPINESS.

"Most unhappy people have become so by gradually forming a habit of unhappiness, complaining about the weather, finding fault with their food, with crowded cars and with disagreeable companions or work. A habit of complaining, of criticising, of fault finding or grumbling over trifles, a habit of looking for shadows, is a most unfortunate habit to contract, especially in early life, for after a while the victim becomes a slave. All of the impulses become perverted, until the tendency to pessimism, to cynicism, is chronic.

Postal Card Sermonette

A MOST impressive sermon can be written on a postal card. We ask our friends to send us postal card sermonettes. If a number are received we will be pleased to print them for the benefit of the SUGGESTION Family. A postal card is large enough. Write about anything that you think may instruct or entertain the SUGGESTION Family.

* * *

What is needed in the United States?

What could Rockefeller do to advance the world's progress?

What can every one do to help humanity?

What can we do to reach a larger number of readers?

How can people be taught to think for themselves?

What is the best motto for a young person?

Name the ten most helpful mottoes or proverbs.

Only a Dog

Some people think animals are only brutes. How many people who think this would imitate the example of the collie mentioned below?

Read the account; ponder over it, and when you see a dog abused think of the devotion of the dog that died that his little master might live.

The greatest proof of love is to give life for a friend. And some people think it is right to vivisection our animal friends because they are only brutes; is it not time for a change of opinion as to the mental status of the animal creation?

Here is the story of fidelity, taken from the daily press, that has no rival in history's page:

"GENEVA, Oct. 8.—After escaping in their night clothes from a house on fire in St. Sephorini, Canton Vaud, a family of the name of Pargier discovered that Henri, a boy of four, had been forgotten.

"It was impossible for a human being to enter the house, which was enveloped in a thick smoke.

"The father made two attempts, but failed, and then remembered his dog, a beautiful collie.

"Go and fetch Henri," he said, pointing to the house.

"The dog immediately rushed up the stairs, but returned terribly burned. A second and a third time the animal entered the house and was then seen dragging out the child, whose clothes were afire.

"The boy was unconscious, but is expected to recover. Immediately the lad was safe the dog rushed off to the woods, howling with pain.

"Its coat was burned off, and H. Pargier, borrowing a gun, followed it and put it out of its misery."

Believe nothing against another but on good authority; nor report what may hurt another, unless it be a greater hurt to conceal it.

—William Penn.

* * *

God sometimes washes the eyes of His children with tears in order that they may read aright His providence and His commandments.

—Cuyler.

Things to Think About

Do my intellectual powers broaden and deepen day by day?

* * *

Do I ever change my opinions?

* * *

Will my present opinions be worth much 500 years hence?

* * *

Do I pay for the room I take up on the earth?

* * *

What do you think of the idea of Ella Wheeler Wilcox that we only need one creed: "Be kind?"

* * *

Am I fulfilling the part intended for me in the universal plan?

* * *

Does my brain create thought or does it transmit thought received from unknown sources?

* * *

If matter is indestructible and thoughts are things, can thought be created or destroyed?

* * *

Is it just or right to take life just for fun?

* * *

Is the spectacle of a President of the United States killing wild animals with dogs and rifles an edifying one? Does it show a spirit of fair play?

* * *

Is the shedding of blood for amusement commendable?

* * *

Have animals any rights?

* * *

Who gave life to the animals? Who authorized any one to destroy life?

* * *

Was the universe made for man, or is man a by-product?

* * *

Is civilization a success?

* * *

What is the basic cause of want and misery in the industrial world?

Is it possible to have an "appetite" (abnormal) for food as one has an "appetite" for whisky?

* * *

If you saw a new idea in the dark would you shy?

* * *

Do you know that the operation of the law of suggestion can be traced in all the affairs of education, business, social life, etc.?

* * *

Do you know what it means "to be hungry by the clock"?

* * *

Do you know that you can increase your memory, will power, concentration, determination, just as easily as you can develop your forearm?

* * *

Would you perform a kind act, knowing that no one would ever give you credit for so doing?

* * *

Suppose we represent the mental force of Gladstone or Lincoln at 100. On such a scale what would your rating be?

* * *

Did you ever send the name of a thinker to the office? Why don't you do it now?

E. E. C.

A Novel Insomnia Remedy

Somebody has discovered how to use suggestion to good advantage in cases of insomnia. There are many ways, but the following method will probably prove efficacious:

"Take a card about the size of a foolscap and obtain a bottle of luminous paint. Write with the paint upon the card the words, 'Sleep—Sleep—Sleep,' large and clear. Place this card in the daytime where the light will get at it, and at night-time in such a position on the wall or on a screen that you will have to lift up your eyes in order to look at it while you are lying in your easiest position on the bed—that is to say, the position in which you generally go to sleep. As you see the illuminated words repeat them to yourself in a monotonous manner. As the eyelids become tired let them close. You will not in most cases repeat the words very often before sleep brings on forgetfulness."

Our doubts are traitors,
And make us lose the good we oft might win
By fearing to attempt.

—*Measure for Measure, Act I, 1.*

NATURE CURE

Outdoor Treatment of Consumption

Regarding the modern method of treating tuberculosis by requiring the patient to spend practically his whole time in the open air, Dr. J. H. Kellogg writes as follows in *Modern Medicine* (July):

"It has been clearly shown by numerous experiments in various parts of the United States that the out-of-door life with regular hygienic habits, irrespective of special climatic advantages, is capable of so aiding the natural powers of the body as to effect a cure of this formidable malady without the use of drugs of any sort.

"Tuberculosis is a disease of civilization. It scarcely exists at all among savages who live in the primitive state, but quickly appears among such people when the habits of civilization are adopted, especially the indoor life. The South American monkey and the North American Indian alike fall victims to this disease when shut away from the sunlight and active exercise out of doors.

"The time is not far distant when every large city will find it necessary to provide conveniences for the application of this simple curative measure, not only for the purpose of rescuing the victims of pulmonary tuberculosis from the certain fate which awaits them, but as an essential measure for protecting the public health."

The writer quotes from a paper, read before the American Congress of Tuberculosis last year by Dr. Henry McHatton, vice-president of the congress, the following interesting illustration of the stamping out of tuberculosis disease in a group of families who were threatened with extinction from this terrible plague:

"About 1790, there landed at Trujillo, on the Caribbean Sea, a party of Spanish emigrants. This party consisted of members of ten families of the Spanish nobility—families who were so tuberculous that they decided to emigrate rather than become extinct. They worked their way in the course of time across Central America and settled on the Pacific slope, not far from Tegucigalpa, and at an altitude of about twenty-five hundred feet, in probably one of the most even and healthful climates in the world. They have always been purely agricultural and pastoral. Even today there is not a road leading to this colony—nothing but trails, and it is a journey of days to reach them from the nearest port. Their village is built in accordance with the climatic requirements. They hold them-

selves far above the surrounding Indians, and there has been practically no intermarriage between them and their neighbors. They present the purest strain of Spanish blood in America.

"The Indians, ten or fifteen days' ride from this colony, never fail to speak of it—always as 'El pueblo de los blancos,' the village of the whites—and to extol the physical endurance of the men as well as the beauty and virtue of the women, which opinions the few specimens which I saw fully upheld.

"Dr. O. B. Hunter, of San Pedro Sula, a graduate of Tulane University, learning their history, became so much interested in them that he spent some time in their village with the sole object of learning their present condition. He met some of the children of the original emigrants, now old men and women, who in every way corroborated the above history.

"Dr. Hunter informs me that they are the finest race of people in Central America. After careful inquiries, he could get no history of tuberculosis for a long period back, and at present none of them give physical evidence of this disease in any of its forms."—*The Literary Digest*.

PULMONARY TUBERCULOSIS.

In an article by John B. Huber, M. D., in the *New York and Philadelphia Medical Journal*, will be found some food for thought by those interested in the prevention of pulmonary tuberculosis. The crowding of people into a small area has long been assigned as a most potent reason for the spread of pulmonary tuberculosis; but Dr. Huber shows that the Jewish section of New York City is the most densely populated portion of the metropolis, yet, strange as it may seem, it is in this same area where the least amount of tuberculosis is found. The question is raised, whether the crowding is in itself as great a factor as the character of food eaten by the Jewish people. It is stated that the same meats and other food which is rejected by the Jews as unclean is sold to the other inhabitants, who eat it without question. It is common knowledge that the Jews are especially free from pulmonary tuberculosis, and if this is because of the character of the food eaten it would be another link in the chain to prove that the alimentary canal is the most usual seat of infection, as has been recently claimed by Behring and others.—*Kansas City Medical Index-Lancet*.

Who are a little wise the best fools be.

—John Donne.

Psychic Research

Telepathy, Absent Treatment and Clairvoyance

Ettie M. Jordan, Joplin, Mo., writes that she and a friend can send messages and answers at will telepathically. She says she and her friends often use the telepathy method instead of the telephone or messenger. One day when her friend's little daughter was with her she received this telepathic message very clearly:

"Send Nellie home. I need her to help in a way I did not know when she left. She can return to you after she is done." This was afterwards found to be correct. She believes in absent treatment and thinks one can be benefited by "vibration" for health and success.

She closes her letter as follows:

"Clairvoyance can be developed, I know, by experience, and events can be foretold to a certainty. In a sitting given Mr. W. R. Reed, of Cherryvale, Kan., in February of this year, I saw Russia and Japan in deadly conflict, and that Russia is to come out of it sadly worsted, looking as John Sullivan did in his last battle—one arm in a sling, one eye shot out, bruises and injuries all over. And it surely looks as if the prediction will be fulfilled.

"Dr. Ringland's experience in psychic diagnosis of disease is like my own. In the taking of the patient's hand, a small picture of the inner physical condition seems to be on the floor by this patient's side. The diseased parts are in relief and the exact condition is shown. I cannot see this for every one, only the ones with whom I seem en rapport, in a psychic way.

"In regard to the dangers of hypnotism, they are real. From actual observation and knowledge I know that post-hypnotic suggestions can be given which can entirely change the moral nature into its opposite, so long as the suggestion continues in force."

Premature Burial

By WM. CLOWES, M. D., Connellsville, Pa.: Every few weeks we read of a case of apparent death. Only last week a little girl in New York was prepared for the grave when lo! the vital spark within her became enlivened and she lives. I also read of a case, about twenty miles from here, where a young man expired in a dentist's chair (I said expired—I mean seemingly).

I have no doubt at all but that the young man was buried alive. The shock to his nervous system when the tooth was extracted caused a cessation of the flow of blood.

A doctor was called in who felt his pulse and found none, yet pronounced him dead, and never made an effort to resuscitate the prostrate body. I say shame on such ignorance in this enlightened age! Perhaps some simple method might have started more vigorously that life giving stream and avoided a horrible death in the grave.

I hold the belief that there is, in these cases, a very sluggish circulation of the blood. This can best be determined by making a rotary motion of the left arm. If there is any circulation of blood the left shoulder joint will be the least bit flexible, showing that the blood is still flowing in the sub-clavical vein which passes near the joint on its way to the heart. Yet the family physician fails to discover it and pronounces the supposed corpse dead. Of course the family believe that the doctor knows, but he does not know, and the prostrate form may hear and know all that is going on about him, yet is powerless to move a muscle and the body is hurried off to the tomb to suffer untold agony and die a horrible death.

How are these premature burials to be stopped? My answer to this question is to keep on writing on the subject until the public have become enlightened on it. Secondly, have a law enacted to compel those in charge to keep the body until there is positive proof that the body is defunct. [This positive proof is decomposition. ED. SUGGESTION.]

I hope this may provoke others to write on the same subject; let the good work go on until the public will realize the facts as they exist, and fall into rank with us to wipe out this state of affairs.

E. J. S. M., Denver, Colo.: On Sunday afternoon recently while visiting my sister, living about a mile distant from my home, and while we were very much interested in discussing a matter pertaining to the musical attainments of her son, I was suddenly interrupted by seeming to hear my door-bell ring. I felt the presence of a well-known friend. I said:

"There is Anna R—— ringing our door-bell, and no one at home to admit her."

After that we resumed our conversation, and I noticed at the same time that the sun was just sinking in the west. During the week Anna R—— called, and I said:

"Anna, you were here Sunday when we were away." Wishing to make a test, she said: "Oh, no, I was not." "Yes," I answered, "Anna, you were here just before sundown." Then she said:

"Yes, I was. I rang the bell and when on one opened the door I knew you were gone, so I rang again vigorously (saying mentally), 'Wherever Mrs. M—— is, I want her to know that I am here.'"

Of course we had both read and talked along these lines and understood that there was a power that was capable of transmitting the message.

E. H. HASTINGS of Warwick, Mass., writes: Here is a quotation. I think the idea of using them a fine one.

Do noble things, not dream them all day long,
And thus make life and death, and all that vast forever
One grand, sweet song.—Charles Kingsley.

F. C. SAMMONS, Parkdale, Ark.: "The Deluge and Its Cause" received, and will say it is no little revelation to me.

That little book will do more than all the Reverends ever attempted to do. All they ever attempted to do was to teach men to believe the Bible is true, and it actually makes one know that it is true. "The Deluge and Its Cause" will prove to be the foundation of a universal reform. It's circulation will tend to bring us together on one great subject—religion.

Experiences

Psychometry and Presentiments

Editor SUGGESTION:—

I read SUGGESTION every month, and think no magazine can beat it. I am glad to say it is on sale at the news stand near my home, so I have no trouble in securing it as soon as it is published.

I read with much interest in this issue your explanation of the Zancigs' performance, and having seen them was glad to know just how the work was done. I am also interested in your views with regard to spiritualism, in which I do not call myself a believer, but simply an investigator, seeking for the truth.

If you do not consider the question a foolish one, will you kindly give your views in regard to that branch of psychic phenomena which is called psychometry, I believe. I think myself a normal person in every respect, and do not have hallucinations or fancies, but all my life have had certain thoughts brought to my mind, which are called "presentiments," for want of a better name. For instance, before a certain event in my life which brought me intense mental suffering, I felt that I was to endure intense sorrow, though I was not aware of its nature. Later on, though I had no idea of making a change in my position, I had the same feeling that such a change was to occur, and occur it did, a few weeks later, apparently under the most natural circumstances. To cite another case, recently I was undecided which of two courses to take, when I was impressed with the same belief that the matter was to be taken out of my own hands, although I had no indication of it at that time. These are only a few of the many instances, and I do not make such experiences the matter of conversation for fear of ridicule, as I am considered very matter of fact. Are these prophetic warnings, which have usually been carried out to the letter, merely coincidences, or are they the promptings of the sub-conscious mind, which is said to know all the future? Do you think this power can be cultivated? I am inclined to think, like you say of telepathy, that they are not under the control of the will, for I have had such impressions flashed vividly upon my mind, when my thoughts were entirely foreign to such matters.

I can also say that such impressions would invariably have

saved me much suffering had I heeded them, but not until recently have I been inclined to take such things seriously, as I feared they were merely an abnormal condition, which should not be relied upon. I should like to know if other people have such impressions, and the explanation.

Hoping that I have not made myself entertaining to the readers of SUGGESTION in a way that I did not intend, I am,

Very truly yours,

Chicago.

ELIZABETH N. GIBSON.

J. THOS. MUMFORD, Correctionville, Ia.: I have an experience that is interesting to those engaged in psychological research. A short time since I was sitting in my office when it occurred to me to walk down to the depot which was some two blocks away. I had no object in going as no business that I knew of lay in that direction at that particular time; but I went nevertheless. On entering the depot waiting room I took a seat, unfolded my morning paper, and began to look it over. A gentleman, the only person in the room besides myself, sat just opposite me, across the room.

After scanning the paper for a few moments I arose and walked from the building to the south side of the platform. Something, I do not know what, caused me to retrace my steps back into the building, and I sat down again in the same place as before. I opened the paper and began to read. The gentleman remarked about the magnitude of the Sioux City fire. I said, "Do you live at Sioux City?" "No," he replied; "I live at Holsteine, Iowa, and am looking for a man in this place, and am anxious to see him before the train goes north. I have been to his office, but he does not seem to be in town." I said, "Who is the party you are so anxious to meet?" He answered, "His name is Mumford." I told him, of course, that I was the party he wanted to meet. It was certainly a remarkable affair to both of us, as we had been corresponding on a real estate deal of considerable importance.

Was this a coincidence, telepathy, or what?

GEORGE D. TRIPP, Stanfordville, N. Y.: I have received the copy of "The Deluge and Its Cause" and have read it with much interest. It is like a great light in my mental store-house; it reveals much rubbish (misconceptions) that I shall cast out. It makes the Bible a new book to me. I want more of Professor Vail's writings. Can I not get his books nearer than California?

The tissue of the life to be
We weave with colors all our own,
And in the field of Destiny,
We reap as we have sown.

—Whittier.

Most of the shadows of this life are caused by standing in our own sunshine.

—Emerson.

* * *

The most difficult task in life is to resist the illusions of self love.

—G. A. M. a

Suggestion Forum

IN THIS department will appear short discussions on subjects within the scope of SUGGESTION; articles should not contain over 500 words; short articles will be published in preference to longer ones. The editors do not necessarily endorse any of the opinions expressed in this department.

A Critic Criticised

In the March number of SUGGESTION I notice a criticism of Miss Angie L. De Shoza, in which the learned critic calls Miss D. S. to time for having written "It is a divine law given to us by the great Master that 'Whatsoever he (a man) thinketh so is he.'" The critic says: "The great Master uttered no such statement," and then says, "The statement correctly given is, 'As a man thinketh in his heart so is he.'" Critic must be a little more careful in studying his Bible.

The fact is the Great Master—Jesus—never said anything like even such a statement as Critic so positively asserts and it cannot be found in the Gospels. Moreover Critic misquoted; the words referred to will be found in Proverbs XXIII:7, and in our English version read: "For as he thinketh in his heart so is he." Who is he? The sixth verse tells: "Eat from not the bread of him that hath an evil eye neither desire thou his dainty meats." Then with the seventh verse opening with the misquoted statement, followed by "Eat and drink saith he (the evil eyed man) to thee but his heart is not with thee." The wise king had no reference to "heart work." Not in the least as we now understand that term. He was solemnly warning against banqueting with evil planning men and was not stating a fact as of universal application. A strict rendering from the Hebrew original in poetic form as given by Dr. Young is:

"Eat not the bread of an evil eye,
And have no desire to his dainties.
For as he hath thought in his soul so is he,
'Eat and drink' saith he to thee
And his heart is not with thee."

Critic's reflections on his—or her—own misquotation are good enough, only the point would have been better taken if he or she had borne in mind that in Solomon's day the heart was supposed to be the seat of the understanding—the mind—and the bowels the seat of the effections. The words therefore are in effect, "Banquet not with the man of an evil eye because his thoughts are not favorable toward thee; for he is as he is thinking—planning, concerning thee." This is sufficient and I think Critic will kindly thank me for it.

A. W. D.

By JAS. N. BOULT, Investigator:

Never "kill time." . . . Always be doing *something* useful. . . .
Always speak to the point. . . . Be brief, time is precious. . . .
Don't say "I know" till you can prove. . . . Think for yourself. . . .
A little "push" is worth a lot of "pull." . . . Be cheerful. . . . Look
pleasant. . . . What odds what "they say"? . . . "Try again."
. . . Don't forget. . . . Do you *know*? . . . Can you *prove* it?
. . . Never give up. . . . Don't get discouraged. . . . Don't
lose your temper. . . . Be gentle. . . . Be kind. . . . Never
say "I can't." . . . Be yourself; don't be a follower. . . . Don't
worry. . . . Condemn your own shortcomings before you condemn the
faults of others.

Better is he that ruleth himself than he that taketh a city.

We must not only strike the iron while it is hot, but strike it
till it is made hot.

—Samuel Smiles.

HYGIENE

Natural Foods

MR. EUGENE CHRISTIAN, New York, in a recent letter inclosed the following, being an extract from an address delivered by him before the Physical Culture Association of America:

The human body is a machine that makes blood out of food. Blood is the building material; if you have poor building material you will have a poor body. Natural (uncooked) food, in the right quantities and combinations, will make absolutely pure blood: Pure blood acts first on the brain, increasing thought activity, because thought precedes all action. Pure blood builds up the body to its normal or natural condition, and fills it with strength, energy and vitality. It is the only thing that will make your skin fit your face. It will give you color, and above all it will increase your wit and power to think. It will give you a bright, attractive and splendid personality, in short it will give you ideal health. When you have ideal health you can brave anything; you will be in love with the world, and people will love you, because the world is only a big mirror that always reflects back the same image you present before it. Abundant health will make you cheerful and contented, and when you present a cheerful and contented front to the world it will reflect the same thing back to you, then, and not till then, have you gained life's highest reward.

Don't bother your head about other things, study the laws of nature and get your health and the other things will come. Piling up money at the expense of your health is like a child piling up dust in the road only to be scattered to the winds by every vagrant breeze.

Nature never intended you to be thin, emaciated, pale, weak, nervous, irritable and sick. Health is your natural condition, disease has to be caught, or acquired. In order to have health or be natural, you must obey nature's most important law, viz: that of feeding.

Natural food, with a little fresh air, will force a natural condition, which is ideal health.

Pain is nature's protest against violated law.

Nature's process of eliminating from the body, unnatural matter, we call disease; disease therefore can not exist, much less be created in a body which is fed on natural things, or which takes in no unnatural matter. This is scientifically certain.—*Eugene Christian.*

My Creed.

For SUGGESTION.

There's nothing lost in Universal plan,
All was designed for the great good of man.
All creeds are well enough: but this I know—
Do good to all and be to sin a foe—
Enjoy this life—'tis brief—demand the best—
Keep pure your heart—to God leave all the rest.

—*Teresa Strickland.*

Too much love there can never be. —*Browning.*

* * *

Life appears to me too short to be spent in nursing animosity
or registering wrongs. —*Bronte.* 3

HAPPINESS

Happiness

What is your idea of happiness? Think it over and write down briefly your definition. Is happiness possible for all? In the plan of creation is there any place for misery and unhappiness? Is suffering natural and necessary? Let us have your ideas on the question of life and being. What are you here for?

* * *

Many editors and writers have been asked to briefly give their ideas on the following:

1. What is happiness?
2. Is happiness within the reach of the average person?
3. Is a state of happiness desirable?
4. What is the chief aim of life?

Here are some of the answers received:

C. W. YOUNG, Ph.D., D.O., Editor *Osteopathic World*, a magazine devoted to Osteopathy, St. Paul, Minn.

1. Happiness is the pleasurable emotion resulting from the pursuit of attainment of good to the race and ourselves as designed by the Creator.
2. It may be cultivated or become habitual.
3. Perfect happiness is desirable.
4. It cannot be attained without effort and progress. Contentment is the absence of unhappiness or misery. Happiness is positive and can be secured only by action.

* * *

PROFESSOR E. B. WARMAN, 944 West 6th St., Los Angeles, Cal.:

1. Happiness is the consciousness of doing good, unconsciously. Happiness is reflex; it is that which comes back to us from the joy we have given others.
2. It is within the reach of everyone. Some do not reach far enough; others overreach.
3. Most assuredly.
4. No. The incentive to remain so and make others so, should be sufficient to keep alive the greatest interest in humanity and every endeavor toward that end.
5. To fill one's niche in life so completely that nothing shall have been left undone and that the world shall have been made better in consequence of our having lived.

* * *

ROLLIN W. GRAY, Estero, Fla.:

I have noticed the many definitions of happiness from your many subscribers. I am convinced that there are so many different spheres of life, that no one definition can be made to fit all at once, for I have noticed that what is heaven to one man, may be equally hell to another, and one man's bliss may as truly be another man's misery.

* * *

MRS. EMMA HEINER, Tabitha Home, Lincoln, Neb.:

Happiness is the gratification of our soul's desire for good.

* * *

MISS ETHEL BLACK KEALING, 126 W. Pratt St., Indianapolis, Ind.:

Happiness is self-radiance, developed by the expansive mind and broadened life.

HOWARD MERINWETHER LOVET, Moberly, Ga.:

Happiness: To be in harmony with our environment and to feel that we are making continual progress toward the realization of our desires.

MISS ALICE E. FRANCIS, Mazin, Ill.:

My father, S. H. Dewey, when he was with us, used to say "Happiness consists in being busily engaged in some laudable undertaking with a fair prospect of success."

MRS. ESTHER GRINTON, 463 W. 44th St., New York city, sends the following definition of happiness, which she states is from the pen of Bliss Carmen:

"I conclude that happiness in one's work, pleasure in one's emotions, and satisfaction in one's thoughts go to make up the sum of happiness, and I am skeptical of the validity of any theory of conduct which can countenance any one of these forms of happiness at the expense of the other."

CAPTAIN L. W. BILLINGSLEY, Lincoln, Neb.:

1. "What is happiness?" Locke in "Human Understanding" defines it as "the utmost pleasure we are capable of." However, it is a relative term; in strictness one may be denominated happy, when the aggregate of pleasure exceeds that of pain; and the degree and kind of happiness depends upon man's evolution. Most people are happy in sensuous or impermanent things; because they have hazy ideals and their mental attainments limited. They are happy in heaping up material riches. There is a small class who are happiest in an intelligent unfolding of all the powers of the Real Self. They make opportunities, and grow cultured in mind and spirit; gracious in manners, gentle in words, refined in nature; they hold their attainments in trust for the common good of humanity.

2. "Is happiness 'n reach of the average man?" It is difficult to fix any limit to the possibilities and happiness of each soul. Every one can live in harmony with the great Cosmic law. Everything evil is inharmonious, and is opposed to the law. Pain, the antithesis of happiness, only arises when there is discord in the nature of the doer's acts with universal law; suffering arises from jar, from friction, from antagonism, from hostility, from inharmonious vibrations. When there is peace, calmness, composure, perfect vibration, poise—suffering is not present, happiness is.

3. "Is a state of happiness desirable?" I think so. At least we are all striving and traveling for that goal but by divers roads. There are many roads of error, but one road of truth; and on that road we find much permanent happiness. In a perfectly harmonized spirit, pain cannot be. However, this is true, pain marks progress: as it widens the field of knowledge through experiences; and extended knowledge is essential to evolution; and through evolution must finally come the perfected man, the serene and happy man. Evil and pain are the penalty of wandering from right ways; they are the balance of natural forces, the background of good and happiness.

4. "If happiness were possible, would not a great incentive to human endeavor be removed?" The last foregoing answer will cover that query.

5. "What is the chief aim of life?" Our chief aim in life should be to unfold all the powers and graces of the Divine Self.

From B. F. WILLIAMS, Editor *Inspiration*, "A Magazine of Information, Inspiration, and Exhortation," Des Moines, Ia.:

1. Happiness 's the condition that results from perfect mental, moral, and physical equilibrium.

2. It is not within the reach of the average person, nor in fact of any other person. All of us come into the world with latent infirmities that make it impossible to attain to the condition of absolute harmony of body, mind, and soul.

3 and 4. If supreme happiness were generally possible the conscious effort necessary to maintain that condition would be sufficient to keep humanity active. Happiness does not mean indolence.

5. The chief aim in life should be well-rounded manhood or womanhood in the highest sense.

From HENRY CLAY HODGES, *The Stellar Ray*, "devoted to planetary influences," Astro Publishing Co., Detroit, Michigan, U. S. A.

1. Happiness is the anticipation of an ideal often not realized.
2. Theoretically, yes; practically, seldom attained.
3. Most emphatically, yes.
4. No, for the reason that when the ideal is obtained it is often found to be an illusion. It then becomes an incentive for other attainments. Man's destiny is perfection to which he advances by a succession of experiences. From each experience he gains a lesson necessary for his unfoldment.
5. You ask, what is the chief aim of life. With the great majority it is the gratification of the senses, but it should be obedience to the Golden Rule. Or, like thee candle, consume yourself in lighting others.

* * *

ELBERT HUBBARD, editor of *The Philistine*, was invited to send us his idea of happiness, but as he has not done so, the following from his pen is taken from a recent number of *The Philistine*:

"I hold these truths to be self-evident: That man was made to be happy; That happiness is attainable only thru useful effort; That the best way to help ourselves is to help others, and often the best way to help others is to mind our own business;

That useful effort means the proper exercise of all our faculties;

That we grow only thru this exercise;

That education should continue thru life, and the joys of mental endeavor should be, especially, the solace of the old;

That where men alternate work, play, and study in right proportion, the organs of the mind are the last to fail, and death for such has no terrors;

That the possession of wealth can never make a man exempt from useful, manual labor;

That if all would work a little, none would be overworked;

That if no one wasted, all would have enough."

* * *

JAMES F. MORTON, JR., Editor *Demonstrator*, a magazine of sociological reform, Home, Lake Bay, Wash.:

1. Happiness is harmony with the law of our being.
2. Yes, relatively. All human attainments are relative.
3. Yes.
4. No. Happiness is not a commodity, to be obtained once for all. It might rather be termed a by-product of development, increasing or diminishing in proportion to the degree of growth. It is dynamic, not static.
5. The complete unfoldment of the whole being.

The consumptive is too weak in the positive and vital faculties and too strong in the intellectual and emotional. The best cure for consumption is a positive mind, physical culture exercise, outdoor work, breathing exercises, cultivation of the vital faculties and development of Combativeness, Secretiveness, Self-esteem and other positive, hardening and self-protecting instincts.

Thought and emotion feed on vitality; they rob the lungs; they render the system feeble and delicate; they use up the physical energies. A consumptive must cure his own consumption, else he will not be cured.—*Self Culture, Talent and Success*.

* * *

Be not too ready to condemn
The wrong thy brothers may have done;
Ere ye too harshly censure them
For human faults, ask, "Have I none?"

—Cook.

Thought Power

IN THIS department from time to time will be given well-certified instances of the effects of suggestion in producing health or disease. The mind can influence the body for good or ill, and the far reaching effects of psychic force are marvelous to those who have not studied the Law of Suggestion. Short articles, communications or clippings are solicited for this department.

A Well Man Made Sick by Suggestion

EDITOR SUGGESTION: That the power and influence of suggestion is practiced and felt in the most practical affairs of life, is certain, beyond question, although it may not always be recognized by the unthinking, as a psychic force.

A little incident that came under my notice is worthy of a place in the mass of direct evidence being collected from all the realms around us.

A friend of mine, a telegraph operator on a railroad, on which I was running a locomotive, at the time, was taken to the hospital with a severe case of rheumatism, in his knees and legs. Harry S—, as we shall call him for the purpose of this article, was a large, impressionable, sympathetic man, weighing over 250 pounds, and highly susceptible to the influence of his friends.

He had been in the hospital over two weeks and was progressing nicely, having recovered sufficiently to walk about the wards and was highly elated to think of returning to work.

Several of the railroad men who visited the hospital, were merciless practical jokers, and arranged a scheme to put S— to bed again. S— was a devoted member of the order of Odd Fellows, and believed that anything said or done by a brother Odd Fellow was about right. Four of the railroad men in question were Odd Fellows and agreed among themselves that at different hours on this morning they would each visit the hospital and express alarm at the appearance of S—, and advise him to go to bed again.

According to the prearranged plan, the first brother Odd Fellow arrived at the hospital about eight o'clock in the morning and found S— in the best of spirits, wearing his clothes, walking without cane or crutch, his grip packed ready to start home that evening, the swelling out of his knees and his pain gone.

The brother greeted S— with a downcast countenance and discouraging words: "Brother S—, you are looking much worse this morning and I fear you have taken too much exercise; be careful. You don't look nearly so well as yesterday. Are you feeling worse? What is the trouble?" S— assured the brother that he felt very well and intended to go home that very day. The brother advised against such a rash act and warned him to beware of a relapse.

After the brother left S— went to the mirror and looked himself over. When the second visiting brother came at 8:30, S—'s face wore a troubled look.

The second brother repeated the foreboding warning of the first and left S— with a lingering handshake, and an admonition to be careful. The third and fourth brothers piled up the gloomy suggestions on S—'s mind, until at three o'clock he went to bed again, the nurses not being aware of the practical joke, and remained in bed for ten days, suffering excruciating mental agony, although the visible phases of his rheumatism were entirely absent.

Pendleton, Oregon.

BERT HUFFMAN,
Editor East Oregonian.

Contributors' Department

Matter for this department should be short and terse. Don't waste words. Don't send long communications. Boil them down. Open to all.—EDITOR SUGGESTION.

DR. CARL STRUEH, 464 Belden Ave., Chicago, Ill.:

- . . . Repentance is the best polish for a blotted conscience.
- . . . Where there are many roomers in a house, the air is filled with rumors.
- . . . A big stick often does more than ten preachers.
- . . . Don't be a copy, try to be the first issue. Try it.
- . . . When your stomach makes itself noticeable, it becomes a nuisance.
- . . . Don't envy other people's clothes; they often aren't paid for.

* * *

JNO. GILBERT, 5506 Vine St., Philadelphia, Pa.:

The Human Aura offers proof for an assertion I have been making lately that Vital force is a product of the brain. The mysterious N-rays are the rays produced by the atoms of Thought substance passing through the denser forms of matter, on its way to the higher atmosphere, after it has left the body.

This is a discovery I have made within the last year and I believe I sufficiently prove it in the book I am engaged in writing on the Visible and Invisible Worlds.

I should like to tell you more about it but time is precious and I must forbear, so will close by saying that this March number of SUGGESTION has given me more satisfaction and pleasure than any number I have yet perused.

Just a word about the work I am engaged on. My assertion is that all disease, pain and death are caused by disobedience to natural law. We are out of harmony with nature and therefore we experience disease and death. We are disobedient for two reasons: Because of ignorance of the law and because of lack of strength (mental) to fully keep the law if we knew it.

In my book I purpose showing how we may know the law and how we may receive the strength to keep it. The first part of the work, now nearly completed, deals with "The Desire of the World"—"How Man has Gained Knowledge"—"The World Visible and the World Invisible"—"The First Great Cause"—"What is Life?"—"The Creative power of Thought"—"The Philosophy of Creation"—"What the N-rays Are."

* * *

CHAS. S. END, Rockford, Ill.: Thoughts are not merely things, they are portions of Eternal Force Matter: they are incessantly vibrating through limitless space and, in contact with the sensitive mechanism of instrumental construction in matter, produce impressions which are the suggestions that govern all action of mechanical matter.

The thoughts of man are his impressions and as a free agency he may adopt real harmonious and developing suggestions or he may adopt imaginative ones and suffer the penalties of attempted disobedience to the supreme laws of construction, or he may abolish fancies and increase receptiveness to real or natural suggestions that are life in the truest sense.

* * *

H. G. DETTMER, Seattle, Wash.: Regarding your articles on "Christian Science Unveiled," I might say rather the unveiling of the general public's misconception in science; in my opinion thought does not originate in the human brain—it originates not within but without the brain from nature's natural storehouse. Nature is all intelligent. When we act contrary to nature it is not intelligent. It is fictitious and unreliable.

Christ taught how to utilize nature's power—the brain being a transmitter of thought—the thought of nature, telepathic as it were. If we doubt and will not believe how can we accept? There is nothing strange nor mysterious about God-nature; it is true and wholly natural; nature is life; life is natural; nature is natural life.

I have been a devoted reader of SUGGESTION for some months, and wish to thank you for the many good thoughts learned from your valuable magazine. The above is wholly my own suggestion. If worthy of recognition may attempt again.

SARAH LEE MORTIMER, Estero, Fla.: In this age we cannot depend upon psychic phenomena to obtain truth, and therefore it behooves all investigators to remember that this is the exoteric and not the esoteric age of the world, and that knowledge should be obtained through the rational intellectual process, and not through psychic phenomena.

* * *

GEO. H. LYFORD, Quincy, Ill.: Absolutely worn out, blue as indigo, I picked up a copy of SUGGESTION from my news counter and took it to my room. I laid it down at half-past twelve this morning. Have smiled at everybody all day.

* * *

Our friend, G. A. EPPS, of Carlisle, Ia., reads SUGGESTION and the other day he felt the power of the Muse, and accordingly sent the following lines from the storehouses of his sub-conscious mentality:

If from SUGGESTION's field
Thy mind be daily fed,
Then thought will be thy shield—
Likewise thy daily bread.

Let thy heart a fountain be
Where truth and love invite
The mind of man to free
His hand to guide aright.

Every day let thy hand
Some useful act perform;
Let all thy thoughts be grand
And to the truth conform.

* * *

RANDOM THOUGHTS, by H. V. SMITH, Chester, Pa.: The truth speaks within us, without noise or words.

It is a great folly for us to neglect things profitable and necessary, and willingly to busy ourselves about those which are curious and hurtful.

All perfections in this life are attended with some imperfections; and all our speculations with a certain obscurity.

It is great wisdom not to be rash in our doings, nor to maintain too obstinately our own opinion.

It is by resisting our passions that we are to find true peace of heart, and not by being slaves to them.

* * *

MISS BEATRICE F. PHILLIPS, San Francisco, Calif.: I am sending you a few etchings written by me and suggested by and written for your magazine. SUGGESTION is certainly a magazine for thinkers. It inspires one with beautiful and wholesome thoughts. It moves its readers to join hand in hand in striving to make Life better and happier and so cause our lives and characters to blend with the beauties of Nature. It is a magazine that appeals to each and every one individually, regardless of Creed or Nationality.

* * *

By MISS BEATRICE PHILLIPS, San Francisco, Calif.: Life is a canvass stretched upon the frame of character and supported by the easel of time. We are artists. The mind is the palette on which we mix our colors, which are our thoughts, and our words and deeds are the brushes with which we paint.

Little words of kindness, little deeds of love and little acts of self-sacrifice are the little touches which tend so much to make our picture of life most beautiful and pleasing to the eye of the Great Master before whom it must be unveiled.

See that thou keepest thy thoughts pure, and thou shalt have no cause to worry about thy words and thy deeds for they are born of thy thoughts.

If we had no trials we should never realize our blessings.

All the realities of life were once possibilities.

From CARL H. F. BERGER, 1362 Seventh street, Oakland, Cal.: "I have become a subscriber and am much interested in your magazine. I submit the attached verse for your perusal, and if you see fit, you will do me a favor to publish it."

THOUGHT.

Thoughts are but children of the soul
Weaned at their birth, and cast adrift—
When mortal man has reached his goal,
Nature still claims them as her gift.

* * *

HARRY LATHROP, Bridgeport, Wis.: To learn one's self and acquire health is far better than any education of the schools and gives men power to accomplish almost anything they wish. If I could have known twenty years ago what I know now regarding this matter I could have done better. But that is no reason for regret now, as we live entirely in the present.

One thing I have learned is the fact that in all systems of healing the real power or healing principle is not in the healer, but in the one to be healed. When the healer approaches you, his only office is to call into activity a healing principle or vital spark that lies concealed in your own being. No medicine on earth ever healed any one. "The kingdom of God is within you," life, vitality is within you.

All the powers of the universe are in harmony with your highest health. Disease is unnatural and out of place in God's plan.

In conclusion I say: spend ten hours a day picturing yourself as an athlete doing some graceful feats, and mark my word if you stick to that mode of thought you will do those feats as sure as the sun shines.

Systematically Selected Suggestive Syllables

NORN A. DIX TITTLE, Johnstown, Pa.: Subway suggestions suggest seeing subway sights. Subway sights suggest subterranean sight seeing. Surely "Suggestion" submitted should suggest seeing sights similarly suggestive. Subterranean sellers sell "Suggestion" simply. Space sellers say "Suggestion" should secure such space, specially selected, since "Suggestion" shoppers, seeing "Suggestion" suggested shall secure "Suggestion."

Some say singing suggestions secures subscribers, some say "Suggestion" simply suggests sufficient suggestive suggestions, so "Suggestion" subscribers shall secure "Suggestion" successively.

Should such subscribers secure "Suggestion" successively, "Suggestion's" subscriptions should start swimmingly skyward, since such subscribers secure several subscribers successively, suggesting superior subscriptions statements.

Since single subscriptions secure successive subscriptions, several subscriptions should secure several "Suggestion" subscribers. Say some secure six "Suggestion" subscriptions, shall several secure sixty "Suggestion" subscribers?

No kind of prayer will ever change God's attitude toward us, but by the right kind of prayer we change our attitude toward God.

—Louis R. Miller.

* * *

For they can conquer who believe they can.

—Dryden.

DIRECTORY OF **Advanced Thought, Hygienic and** **Reform Publications**

In this directory, which will be corrected, amended and published from time to time, will appear a brief description of all papers devoted to advanced thought, new thought, metaphysics, practical psychology, psychic research, occultism, astrology, hygiene, dietetic reform, suggestion, therapeutics and allied subjects.

Additional names of publications will be added as soon as received; editors and friends are requested to send copies of publications devoted to advanced thought and reform; religious, spiritualistic, political, business or purely literary publications or publications on general lines will not be listed. It is desired to make this directory complete and accurate, and the co-operation of all friends of advanced thought is asked for this purpose. There is no charge for this service.

The subscription price of foreign magazines given includes postage; foreign postage on American publications is one-half the subscription price.

Next month it is hoped that this list will be far more complete.

ORIENTAL BREEZE, devoted to "oriental religion, metaphysics, philosophy, psychology, occultism and current events." Monthly: — pp.: \$1.00 per year. *A. G. Van Haften*, Editor, Winfield, Kan.

THE OCCIDENT, devoted "to the study of soul growth through self-development effected by the intelligent application of the higher laws." Monthly; 4 large pages; 10 cents a year; *Miss L. Frances Estes*, Editor; 124 Highland street, Brockton, Mass.

THE BUSINESS PHILOSOPHER; devoted "to the principles determining the evolution of success," showing how thought force may be used in business matters; a psychological publication for business men and women; monthly; \$1.00 per year; *The Science Press*, Republic Building, Chicago.

THE SCOTTISH HEALTH REFORMER AND ADVOCATE OF RATIONAL LIVING; devoted to nature cure, vegetarianism and reform in all matters relating to health, diet and hygiene; monthly; six shillings per year, postpaid; Paisley, Scotland.

THE NEW CRUSADE; the reformation of dress is one of the most important objects of *The New Crusade*, which is an endeavor to find a cure for the degrading materialism of the present day in a return to that simplicity of life and thought which is characteristic of all primal and national vigor; — pp.; — per year; 8 Queens Road, Bayswater, West City, London, England.

PRIMITIVE OCCULT JOURNAL, devoted "to the wonderful possibilities of the Human Family and the Godly powers within all"; monthly; 20 pp.; \$1.00 per year; Editor, *Dr. A. B. Hamel*, Helena, Montana.

THE OCCULT REVIEW, a monthly magazine devoted to the investigation of supernormal phenomena and the study of psychological problems; — per year; Editor, *Ralph Shirley*, 164 Aldersgate street, London, E. C., England.

THE MAZDAZNAN, "a magazine of modern thought for Mental and Physical improvement; monthly; \$1.00 per year; *Otoman Zar-Adusht-Hanish*, Chicago, Ill.

THE STELLAR RAY, "a weekly paper devoted to planetary influences":
— pp.: — per year; Editor, —, Astro Publishing Co., Detroit.
Mich., U.S.A.

* * *

INSPIRATION, a magazine of information, inspiration and exhortation;
monthly; 30 pp.; 50 cents per year; Editor, B. F. Williams, Des Moines, Ia.

* * *

THE WISE MAN, "a periodical dealing in a sound, thorough, not too profound way with the various subjects of Occult Science that are recognized as of practical value to mankind; monthly; 32 pp.: \$1.00 per year; Editor, *Leander Edmund Whipple*, 500 Fifth Avenue, New York.

* * *

THE VEGETARIAN, devoted to vegetarianism and dietetic reform; monthly; organ of the English Vegetarian Federal Union; — pp.: 75 cents per year; 34 Memorial Hall, Tarrington street, East City, London, England.

* * *

NOTES AND QUERIES; devoted to history, folk-lore, mathematics, literature, science, art, arcane societies, etc.: monthly; \$1.00 per year; *S. C. Gould*, Editor, Manchester, N. H.

* * *

THE NEW THOUGHT JOURNAL and Occult Review, devoted to practical idealism and the study of nature's finer forces; monthly; 16 pp.: \$1.00 per year; *Geo. H. Bratley*, Editor, Talisman Publishing Co., 52b, Station Parade, Harrogate, Yorks, England.

* * *

HEALTH; devoted to physical culture and hygiene; monthly; \$1.00 per year; *Chas. M. Tyrell, M.D.*, Editor, 321 Fifth Avenue, New York.

* * *

VIM; a magazine devoted to mental and physical improvement; monthly; 34 pp.; 50 cents per year; *Edgar C. Beall, M.D.*, Editor, 500 Fifth Avenue, New York.

* * *

PHYSICAL CULTURE; devoted "to subjects appertaining to health, strength, vitality, muscular development and the general care of the body, and also to all live and current matters of general interest, enlivenment, entertainment and amusement"; monthly; 94 pp.: \$1.00 per year; *Bernarr Macfadden*, Editor, 29 East 19th street, New York City, N. Y.

* * *

HEALTH CULTURE; a journal of practical hygiene; monthly; 48 pp.: \$1.00 per year; *W. R. C. Latson, M.D.*, Editor. The Health Culture Co., 151 West 23d street, New York City, N. Y.

* * *

NAUTILUS; a New Thought magazine of optimism and success for people who are alive; monthly; 32 pp.: 50 cents per year; Editor, *Elizabeth Towne*, Department 17, Holyoke, Mass. The Motto of *Nautilus* is:

"Build thee more stately mansions, O my soul!

As the swift seasons roll!

Leave thy low-vaulted past!

Let each new temple, nobler than the last,

Shut thee from heaven with a dome more vast,

"Till thou at length art free,

Leaving thine outgrown shell by life's unresting sea."

—*Holmes' "The Chambered Nautilus."*

* * *

THE NEW THOUGHT MAGAZINE; an exponent of the practical feature of the New Thought as applied in every-day life; monthly; \$1.00 per year; *William Walker Atkinson*, Editor, Caxton Building, Chicago.

* * *

THE NATUROPATH AND HERALD OF HEALTH; devoted to natural healing and living methods, on the basis of self-reform and popular hygiene, hydrotherapy (priessnitz, kneipp and just systems), osteopathy, heliotherapy (sun, light and air cure), diet physical and mental culture, to the exclusion of drugs and non-accidental surgery; monthly; 48 pp.: \$1.00 per year; *Benedict Lust*, Editor, 124 East 59th street, New York.



REVIEW NOTES



Authors or publishers of books dealing with subjects within the field covered by SUGGESTION are invited to send short review notices (with copy of book) which will be inserted in this department.

YOUR PSYCHIC POWERS. The Self-Development of Health, Happiness, and Success. The Marvelous Power of Auto-Suggestion and What It Accomplishes.

It is only within the last few years that much attention has been given to one of the most powerful forces in the Universe—**AUTO-SUGGESTION.**

But the more we study this force the more we discover that it has played a leading part in health, happiness, and success since the time of Adam; that battles have been won and nations conquered through its influence; that character and personality are its playthings, and that its phenomena, like Christian Science, magnetic healing, spiritualism, absent treatment, etc., are almost without number.

In order to get a fair idea of what can be accomplished even in a small way, by an intelligent control of the force of auto-suggestion Dr. Parkyn has just published a book entitled:

* * *

"AUTO-SUGGESTION: WHAT IT IS AND HOW TO USE IT FOR HEALTH, HAPPINESS, AND SUCCESS."

This book contains many of the articles written by Dr. Parkyn on auto-suggestion for SUGGESTION, the magazine of the New Psychology, with additional matter. It tells how to overcome physical troubles by auto-suggestion; how to improve the memory; how to overcome nervous troubles; how to become optimistic; how to build character, and how to become successful in the various pursuits of life. This book tells how to do things; it gives explicit directions as to the use of auto-suggestions, and how to develop the inherent psychic powers.

The book contains thirteen chapters, and is written in simple, plain language so that anyone who reads it can understand it and thereafter will have no difficulty in intelligently and practically employing auto-suggestion in a thousand ways to his lasting benefit.

This book will be welcomed by every student of Suggestive Therapeutics, and by all who are in search of health or happiness or success. Everyone has within the power to satisfy all rational

desires; it is a question of knowing how to employ these powers of mentality and thought force. Thought tends to take form in action; as a man thinketh in his heart, so is he—these statements are the text on which Dr. Parkyn's book is written.

The contents of the book are as follows:

CONTENTS.

- | | | |
|---------|-----|---|
| Chapter | 1. | Auto-suggestion. What it is and how it operates. |
| " | 2. | Auto-suggestion. Its effects and how to employ it to overcome physical troubles. |
| " | 3. | Auto-suggestion. How to employ it to overcome mental troubles. |
| " | 4. | Influence of early auto-suggestions for the forming of character. |
| " | 5. | Auto-suggestion for the formation of habits. |
| " | 6. | The cultivation of optimism through auto-suggestion. |
| " | 7. | Auto-suggestion and personal magnetism. |
| " | 8. | Auto-suggestion for developing concentration. |
| " | 9. | The achievement of success through auto-suggestion. |
| " | 10. | Auto-suggestion and success. |
| " | 11. | Auto-suggestion and breathing exercises. |
| " | 12. | Auto-suggestion. Its influence on health in the winter. |
| " | 13. | Auto-suggestion. The diagnosis and treatment of a typical case of chronic physical suffering. |

Many systems of brain, will, and body culture, mental science, etc., sold for \$10 to \$25 do not contain as much assistance as is found in this little volume. It in fact gives the basic law of success; it gives the secret of prosperity and health; it is not a mystic theory but an exposition of a basic law of being.

How to get a copy of "Auto-Suggestion, What It Is and How to Use It for Health, Happiness, and Success":

The price of the book, 160 pages, cloth and gold, is 75 cents; postage 5 cents.

Old subscribers who have their subscriptions extended one year will receive a copy of the book for 25 cents.

A copy of the book will be sent postpaid to anyone sending a new yearly cash subscription to SUGGESTION.

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In the City of Chicago, \$1.25.

Foreign, except Canada, Cuba and Mexico, 6 shillings.

Canada, Cuba, and Mexico, \$1.00.

Send all orders to Suggestion Publishing Co., 4020 Drexel Boulevard, Chicago, Ill.

* * *

SELF-BUILDING THROUGH COMMON-SENSE METHODS: by Corilla Banister; Cloth, 206 pp.; price, \$1.10 postpaid. Lathrop, Lee & Shepherd, Boston, Mass.

A new book for all who would be better physically and mentally. The scope and purpose of this book can be seen at once from the Table of Contents given below. No better testimonial of the soundness of Mrs. Banister's teachings need be sought than the fact that by the exercise of her own precepts she has raised herself from individualism to a condition of perfect physical health, accompanied by an increase of mental and spiritual power that is enabling her to perform a remarkable work in showing others how to develop along all the lines of being.

CONTENTS.

I. Physical Perfection.	VIII. Correspondence.
II. Freedom.	IX. Radiations.
III. Food.	X. Color.
IV. Vibration.	XI. Concentration.
V. Simple Living.	XII. Meditation.
VI. Bathing.	XIII. Breathing.
VII. Environment.	XIV. Harmony.

* * *

PSYCHOLOGY AND PATHOLOGY OF HANDWRITING: by Magdalene Kintzel-Thumm; Translated from the German by Magdalene Kintzel-Thumm; cloth, 150 pp.; \$2.00 net. Fowler & Wells Co., New York.

This book is put forth as giving in detail the signs of character as shown in handwriting. The author assumes that certain peculiarities in handwriting refer to certain mental traits, and that by analyzing handwriting, many mental qualities may be noted. The book will not be very useful to beginners as it is very complex and deals with a multiplicity of details, rather than with broad basic principles. Advanced students in graphology will find the book interesting, and thousands of examples and facsimiles are given.

* * *

Frank M. Craig, El Paso, Tex., writes that a book entitled "Mental Medicine," by Rev. W. T. Evans, was published in Boston in 1872 by Carles and Pettee, 3 Beacon street. At that time but little was known about the power of suggestion, but the fact that the mind has power to cure was evidently understood by the author. "The Law of Mental Medicine," by Thomson J. Hudson, recently published, gives a scientific working theory to account for the cures made by various forms of drugless healing, including healing by religious relics, prayers, faith, Christian Science, etc.

"The Law of Psychic Phenomena" and "The Law of Mental Medicine" should be read by every one who wishes to understand the power of thought and who desires a rational explanation for many things thought to be of supernatural or miraculous origin. When a scientific explanation will answer, it is not wise to seek supernatural causes.



Business Talks

BY THE MANAGER



50,000 POUNDS OF SUGAR DAILY

As quite a number of the readers of this magazine are interested in the Motzorongo Company, a co-operative society owning large estates in Mexico, I take pleasure in giving the latest news from the plantation. The Motzorongo Company is one of the most promising co-operative organizations in existence, and the mill is now making over 50,000 pounds of sugar daily, which means an income of \$1,500 gold per day. This income will shortly be increased to \$2,500 per day, and there is room in the 165,000 acres of the plantation for a dozen mills. I will be pleased to give any information regarding the plans of this co-operative society if a stamped and addressed envelope is enclosed.

Dr. Parkyn's letter is as follows:

Motzorongo, Vera Cruz,

Mexico.

May 2, 1905.

DEAR MR. CAREY: I arrived here one week ago and found the sugar mill running full blast night and day. We are turning out over 50,000 pounds of sugar daily and the output is being steadily increased as things run more smoothly, although for a brand new plant the machinery is doing excellent work.

It is a fine sight to see our train loads of sugar cane coming into one end of the sugar house and the train loads of custom cane from the Vera Cruz & Pacific Ry. coming in at the other end.

I have secured some fine photos of this scene which I herewith enclose.

One of SUGGESTION's readers, Mr. Wm. Bagnall, from Pittsburg, leaves for home today. He is a large stockholder in the company and says a great many of his friends are only awaiting his report to come into the company. Mr. Bagnall returns to Pittsburg thoroughly satisfied and I had the pleasure of hearing him say he found the sugar mill and the plantation better than he had anticipated.

We shipped eight more carloads of sugar the past week and have several carloads on hand yet, awaiting cars to load it on. The sugar is being turned out as fast as the railroad seems to be able to supply us with cars, and these cars are loaded for shipment under the roof of the mill.

I shall stay here a few more days and will then return to Chicago to take up work in earnest.

Yours cordially,

HERBERT A. PARKYN.

MEDICAL TALK FOR THE HOME.

"Medical Talk for the Home" is the only magazine of its kind in the world. It has a greater circulation among non-professional readers than any other regular medical journal. It also has the largest circulation among that class of physicians known as liberal,

or unethical, of any medical journal. It tries to deal fairly with all schools of medicine without favoring any of them.

* * *

It reaches fifty thousand homes with plain, practical information as to what is going on in the medical world. "Medical Talk for the Home" is an attempt to select the most interesting and useful information contained in the technical medical journals and translate it into language that the average reader can understand.

In order to know exactly what "Medical Talk" is, you should have a copy of it. A sample copy will be sent you for ten cents. Address MEDICAL TALK PUBLISHING CO., Columbus, Ohio.

}

HOW ABOUT A TRIP TO OLD MEXICO?

When next you take a holiday why not arrange to visit Old Mexico? Every foot of the journey can be made in comfort and Mexico is one of the most interesting countries in the world and its scenery is superb.

The railroad fare to Old Mexico is very reasonable and by taking The Laredo Route the trip can be made in shorter time than a trip to California.

Here is the best and shortest way to get to Mexico City:

THE WABASH to St. Louis.

THE IRON MOUNTAIN from St. Louis to Texarkana.

THE TEXAS & PACIFIC from Texarkana to Longview.

THE INTERNATIONAL & GREAT NORTHERN from Longview to Laredo.

THE NATIONAL of Mexico from Laredo to Mexico City.

This looks like a formidable list but they make the most direct and the shortest route by nearly a whole day to Mexico City. Furthermore a single ticket takes you over all the lines and there is no change of cars from St. Louis to Mexico City.

For further particulars write to:

G. R. Hackley, Mexican National Ry., 230 Quincy Bldg., Chicago; or Ellis Farnsworth, Iron Mountain Route, 111 Adams St., Chicago, or M. C. Keeran, Wabash Ry., 97 Adams St., Chicago, Ill.

a

Redeem the misspent time that's past
And live this day as 'twere thy last.

—Ken.

Pure Water

Pure air and pure water are necessary before pure blood can be made in the body. Water is needed as a solvent and cleanser. It is by means of water that the waste materials are removed from the body. Water is not a food. It is not changed in the body. We drink water and it is the same water that is excreted plus various impurities. No nutriment is taken from the water. No chemical change takes place as is the case with food. All food must be organic; inorganic substances found in water, such as lime, minerals, earthy salts, etc., are not used in the body. The mineral salts found in the blood come from organized food, animal and vegetable.

This fact is now recognized by advanced scientists and physiologists, although the average doctor is still giving a solution of carpet-tacks in the vain hope that the body can in some way assimilate iron filing just as a plant can. Pure water is needed in sufficient quantities to supply all the bodily needs.

An average healthy man excretes daily through the various depurating organs from seven to nine pounds of water. Some of this water is taken in by the lungs in the form of vapor, but perfect health demands that the greater portion of the daily allowance should be taken in our food or drunk as a liquid.

From two to three quarts of water is the proper allowance—depending upon the weight, occupation, character of food, etc. Those drinking milk and eating fresh fruits need not drink so much water.

Every once in a while some one says that pure water (distilled or rain water) is not healthful. For over twenty years distilled water has been used in the Navy and there are no signs of failing health on the part of the sailors.

A pound of fact is worth a ton of theory. Here are a few facts: Two years ago I wrote to the Navy Department for information about the value of distilled water in the Navy. I append the answer received:

April 4, 1903.

Sir: Replying to your letter of the 28th ultimo, requesting an expression of opinion as to the value of distilled water in preserving health and preventing disease, as derived from my experience gained in its use in the Navy, I have to state that there can be no two opinions as to the protection distilled water affords to crews of vessels and to stations of the Navy against infection from such diseases as are water-borne. When only distilled water is used for drinking and other purposes diseases of this class, as, for example, cholera and typhoid, are little feared. It is conclusively proven that a large number of diseases to which human beings are a prey are introduced into the economy by means of contaminated water used for drinking purposes. Distilled water as prepared and stored for use in the Navy, is of course free from infectious agents, and its general use is a source of great comfort to the Medical Officers

who have the maintenance of the health of many men in their charge. When the water supply is under control, as on board vessels of war, little apprehension is felt of the introduction of cholera, typhoid, etc. The numerous animal parasites that prey upon mankind and that are known as water-borne find little place in the medical statistics of the Navy.

In conclusion I would say that the general use of distilled water in the Navy is considered one of the principal factors in establishing the high standard of health that is maintained in the Navy of today. Respectfully,

J. F. URIE, *Acting Chief of Bureau.*

April 9, 1903.

Sir: Replying to your letter of the 6th instant, I have to state that there is no record to determine the exact date upon which distilled water began to be used in the Navy Service. It is probable that, to a lesser or greater degree, it has been in use since the introduction of steam as a motive power in the Navy. My experience covers a period of twenty years, and in that time distilled water has been employed with a growing field of usefulness.

Very respectfully,

J. F. URIE, *Acting Chief of Bureau.*

Here is a copy of a letter received this year from the office of the Chief Surgeon of the Navy:

Address Bureau of Medicine and Surgery, Navy Department,
and refer to No.

78,151

/DJE/



WASHINGTON, D. C.

Enclosures.

March, 31, 1905.

Dear Sir:-

Referring to your communication of the 27th instant, for information supplemental to that furnished by the Bureau under dates of April 4th and 9th, 1903, copies of which are enclosed as requested, relative to the healthfulness of distilled water as used in the Navy at stations and aboard ship, I have to state that this office is not in possession of any additional evidence upon the subject, certainly none conflicting with the views expressed in previous correspondence bearing upon this question.

Yours very truly,

W. H. Rose.

Elmer Ellsworth Carey, Esq.

Suggestion Publishing Company,

4020 Drexel Boulevard, Chicago, Ill.

Olive Oil and Health

The hygienic value of olive oil is just beginning to be fully appreciated. Olive oil has been called "bottled sunshine." It is a perfect food, and if used daily will greatly assist in supplying the body with suitable nutrition.

The only pure olive oil within reach of the average person is made in this country, and anyone interested should write to the Los Angeles Olive Growers' Association, 324 Bradbury Building, Los Angeles, Calif., for a booklet telling all about olive oil. If you want a small sample of olive oil, put a dime in the letter. For consumptives or persons who wish to put on flesh, there is nothing equal to pure olive oil. Olive oil is very palatable when mixed with tomato juice or mixed with milk and eggs with an egg beater. Two tablespoonfuls of olive oil contain more nourishment than a pound of meat. There is no uric acid in olive oil.

Now, if you care anything for your health, why not investigate this olive oil matter? The time to investigate is today. I can point out to you the road to health, but you must do the walking.

E. E. C.

Chiropractic

Dr. D. D. Palmer, President of The Palmer School of Chiropractics, (Chiropractic's fountain head), bears the honor of being the discoverer and developer of Chiropractic. All practitioners of this science trace their lineage to this school.

The new science of Chiropractic is founded upon the principles that all functions of the body are controlled by nerves; that these nerves radiate from the spinal cord; that when these nerves are interfered with by an occlusion of the vertebral foramina, we then have disease. The proper thing to do is to replace the luxated vertebrae, thus relieving the pinched nerves by taking off the pressure. The medical men have been using the test tube and microscope in order that they might observe the effects of disease. Chiropractors find tangible causes for 90 per cent. of all our ailments in the disordered mechanism of the vertebral column. This is the only science that exactly locates the cause of disease and removes it by hand adjustment.

Subscribe for "The Chiropractor," the one exponent of Chiropractic principles unadulterated. Fifty cents a year will de-

liver 12 copies to your door. B. J. Palmer, D.C., Secretary of The Palmer School of Chiropractic, Davenport, Iowa, U.S.A., will gladly furnish literature upon any subject pertaining to Chiropractic.

Mere overcoming energy is not the "Power-Book Library's" goal. Force heaves mountains—and builds lilies. Of course you want force, and the Library instructs for the intense personality; but you really want force that is magnetic, together with precise knowledge of its right use for personal betterment. The Power-Books are built for exactly that double goal. Success depends almost wholly on the way in which you handle yourself—put your power into practice. There are right ways of being and doing, and such ways are pointed out in the Library books. "Has had more influence on my life than any other book," has been said of both "Power for Success" and "Power of Will." Address The Power-Book Library, Auburndale, Mass.

A Character School

The New York School of Electropathy, of Elmira, New York, has become very prominent as a school of drugless healing. Osteopathy, Electropathy, Massage and Optics are taught, including Anatomy, Physiology and Hygiene. From a small beginning less than three years ago they have graduated large classes of men and women, who are today practicing in nearly every state in the Union and Canada.

The president, Dr. O. C. Klock, enjoys a large practice, and students have the benefit of clinical work while attending the school. Quite a number of students take up these sciences for domestic purposes, to use in their homes. The correspondence course is quite sufficient for such students.—*Educational Gazette*.

"HEALTH WITHOUT DRUGS"

is a magazine devoted to the teaching of the properties of foods in daily use rightly combined and proportioned, by means of which the prevention and cure of disease are achieved. It explains how efficiency in the healthy can be increased, brain power doubled, good looks regained, and life indefinitely prolonged. It is the only paper which exposes the errors of Vegetarianism and criticises in an unbiased manner the various methods of natural healing. Partial contents of No. 2, Vol. III: "How to Double Brain Power"; "The Cure For Death"; "The Doom of Orthodox Vegetarianism." Price, 5 cents. Address Sophie Leppel, 26 Clovelly Mansions, Gray's Inn Road, London, England.

* * *

THE NUTRITIVE VALUE OF UNPOLISHED RICE.

Much has been said and written against the use of white flour as a food. The same arguments hold equally true in regard to "polished rice" as this cereal is commonly put on the market. Few people know that all the rice sold today has undergone a process which is called "polishing." Fashion demands rice having a fine gloss, just for appearance's sake. To supply this, the rice is put through the polishing process, which removes some of the most nutritious parts of the rice-grains, especially fat and some very important organic salts, as those of iron, magnesium, and silicon. Mr. Otto Carque, 765 N. Clark St., Chicago, has just published an interesting circular entitled "Unpolished Rice," and every reader of SUGGESTION should write to him for a copy which gives information about price, preparation, etc.

KINESIPATHY

The greatest drugless science the world has ever known. For the cure of all diseases of the human body. It combines **OSTEOPATHY, ELECTROPATHY, MASSAGE**, Physical Culture and Suggestive Therapeutics. Students are making from \$2,000.00 to \$5,000.00 per year. We teach them to turn their knowledge into money quickly. We have taught Mechanics, Merchants, Farmers, Ministers, Medical Men and Nurses. **WHY NOT YOU?** We have over 100 students in actual practice in the United States, Canada and Mexico. Learn a profession and better your condition socially and financially. Join the great army of drugless healers now and lay aside money for old age. Our free booklet explains every detail—a post card will bring it. Send today.



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Established 1900.

Incorporated 1903.

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Just Off the Press.—Development of the Neck Muscles This book contains an article on how he trained **Al. Treloar**, the world's most perfect man, and enabled him to carry off the \$1,000 prize, offered at Madison Square Garden, from a hundred competitors selected the world over. This article alone is worth double the price of the book. Invaluable to any man desirous of bettering his physical condition. Sent, prepaid, upon receipt of price, 25 cents.



THE CHEST

ITS ACTION AND ITS MUSCLES

The function of breathing is the most important of all the vital processes. I claim that two-thirds of the inhabitants of the globe do not know the proper way to breathe. This fact is, without doubt, responsible for one-half the present-day sickness. My new book, **The Chest**, will teach you how to breathe. It will make you healthier and happier. The book is fully illustrated by beautiful half-tones, enabling you to easily follow out the exercises I outline therein. I will send this book to any address upon receipt of price, 25 cents.

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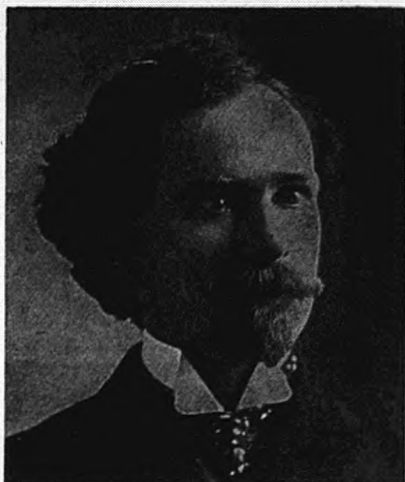
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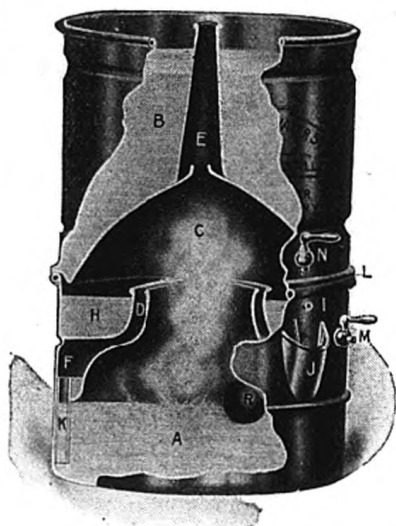
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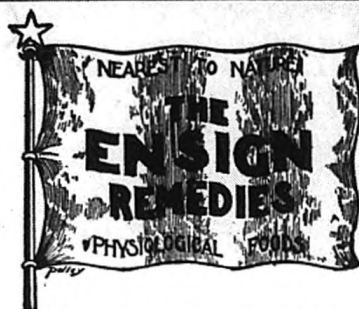
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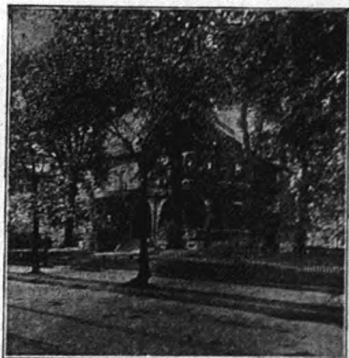
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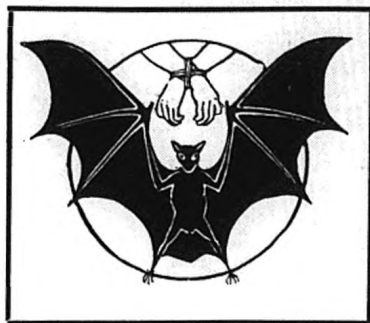
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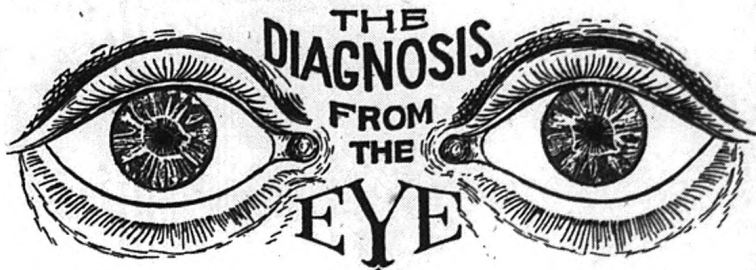
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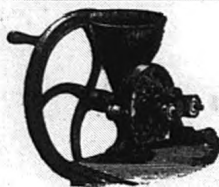
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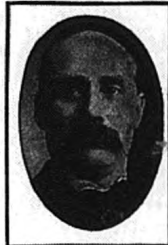
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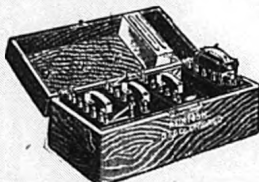
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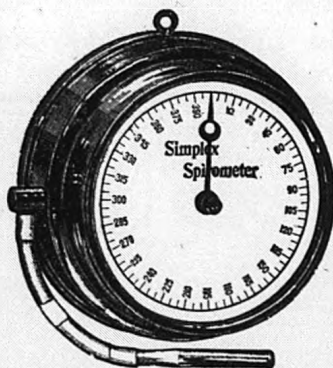
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